

CIDER PARTY! LIGHT BITES & FALL DRINKS

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OCTOBER 2015

Fresh & Easy

AUTUMN

32 { HEALTHY NEW DISHES

5 NO-FUSS
WAYS WITH
WINTER
SQUASH

3 VEGAN
SWEETS WITH
SPICY FALL
FLAVORS

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LENTILS AND MAPLE-BALSAMIC
SAUCE, p. 38

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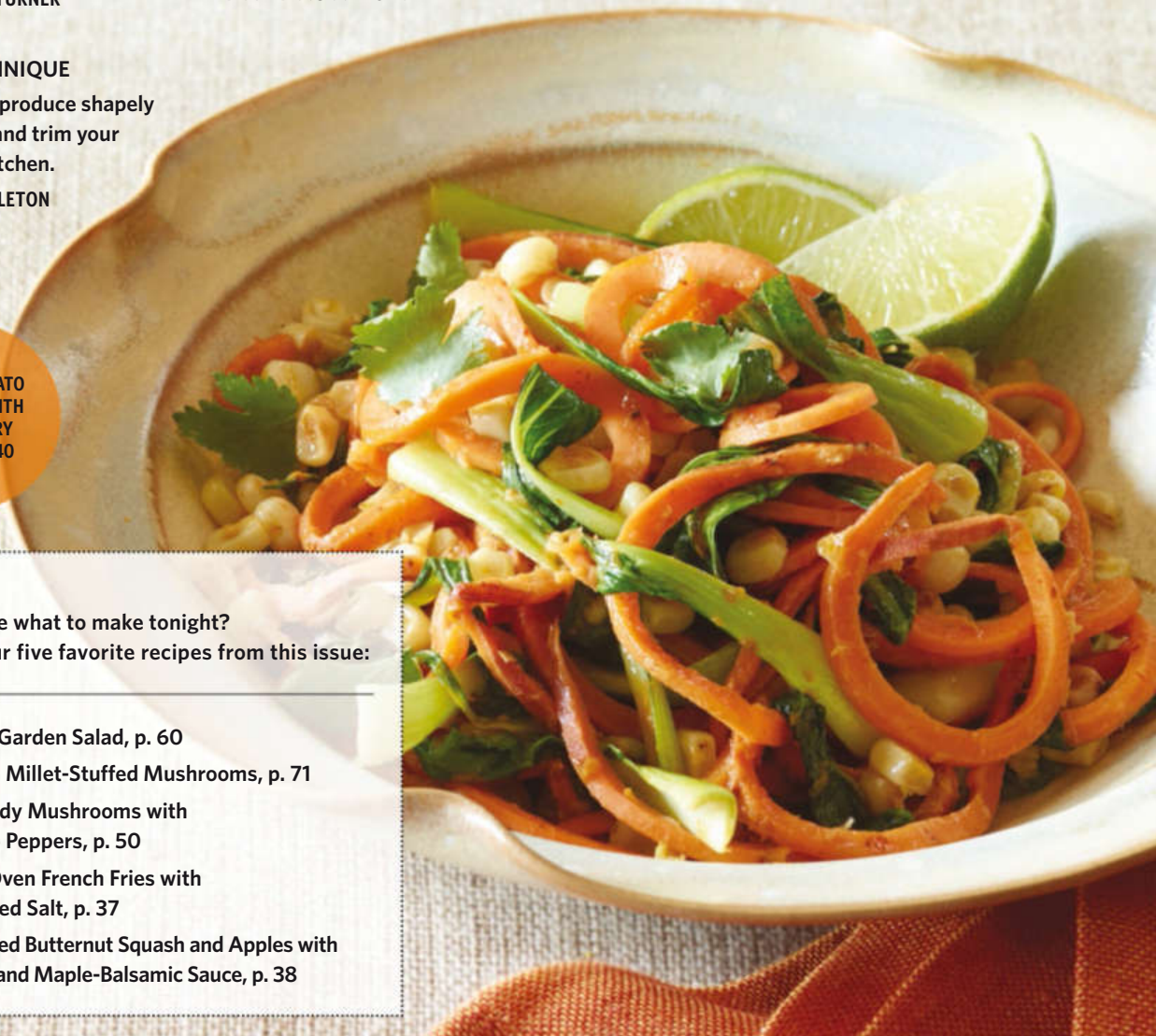
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Can't decide what to make tonight?

Here are our five favorite recipes from this issue:

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Join Our Food Quest!



Are you an adventurous eater? I'm open to new flavors, but when I'm tired and hungry, I reach for familiar staples: simple black bean soup; an apple with almond butter; or (all too often) fresh popcorn made in my grandmother's pressure cooker.

While it's easy to get into a food rut, you can break out with simple swaps. After finally embracing quinoa a couple of years ago (yes, I was late to the party—I have a thing for brown rice), I'm ready for more variety. The grain that's up next in my kitchen: millet. Inspired by this issue's 1 Food 5 Ways (p. 68), I'm taking this protein powerhouse for a spin, and its nutty flavor has transformed some of my favorite dishes.

One of our missions at *VT* is to expand palates by highlighting global food experiences. This month's "True North" feature (p. 54) on plant-based Nordic fare shows how exhilarating a fresh perspective on food can be. You'll meet some people who are at the forefront of the New Nordic Cuisine movement. They're committed to local ingredients, sustainable production practices, and old and new culinary traditions, and their recipes are an inspiring challenge to re-think vegetarian dishes. From fava beans in pancakes to smoked onions to red kuri squash, the ingredients conjure "lands with vibrant summers and cold, dramatic winters," as author Mary Liebowitz writes. In coming months, we'll bring you more delicious culinary adventures as we explore the local fare in the U.S. and abroad.

No matter where you call home, you'll find new inspiration and familiar favorites on the *VT* Web site. We're featuring a Halloween-inspired corn custard, ways to use gluten-free flour, and a chance to go on a culinary cruise with the Holistic Holiday at Sea. And check out our well-traveled social media sites, including Facebook, Twitter, and Pinterest. You'll find a world of first-hand recipe critiques, reader tips, and menu ideas.

As always, send your comments about *VT* to editor@vegetariantimes.com. We consider you all our traveling companions on this grand, plant-based food adventure. Where are we going next?

Michele

Michele Crockett
Editor in Chief



BOO-LICIOUS HALLOWEEN TREAT

THESE SCARY-GOOD HARVEST CORN CUSTARDS ARE AS AT HOME FOR A GROWN-UP FRIGHT NIGHT GET-TOGETHER AS THEY ARE AT A KIDS' COSTUME PARTY.

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Mary Liebowitz, a copywriter and social media manager who relocated from Copenhagen to Atlanta, found the chefs and recipes featured in “True North” (p. 54), about New Nordic Cuisine.

What's your favorite fall food scent?

I grew up in New York, and when school started in September, I always had a crisp, fresh McIntosh in my Wonder Woman lunch box. The local fire department invited elementary schools to the firehouse every October, and they would give all the children apple cider and cinnamon donuts, which became so iconic for me.

How do you jazz up an ordinary salad?

I like to add seasonal fruit, sometimes blending the same fruit with some oil and squeezing in a little lemon to dress the salad. I'll add a touch of cream to the dressing to give it some indulgent softness, and throw in a handful of whatever herbs (like mint or cilantro) are growing on my balcony. I don't like my salads to be too structured, just forkfuls of goodness.



Chris Court a food, interior, and lifestyle photographer based in Sydney, N.S.W, Australia, captured the dishes for 30 Minutes (p. 24) and “True North” (p. 54).

What is your best cooking tip?

When making pancakes for kids, have two pans going at once!

What's your favorite meal to turn into leftovers?

Fried rice and pizza.

How do you jazz up an ordinary salad?

With nuts and seeds.



Selma Morrow, a cookbook author, recipe developer, and editor, created the winter squash recipes for 30 Minutes (p. 24).

What's your favorite meal to turn into leftovers?

Hash. No matter the meal, something that's leftover can always be converted to hash. I just chop up a few extra ingredients and fry 'til crisp.

Tell us about a cooking mistake that ended up turning out great.

I mistakenly added all of the broth to a risotto instead of adding it in increments. But it cooked through more quickly, and the texture of the rice was fine, so the technique ended up being our go-to for fast risottos.

How do you jazz up an ordinary salad?

I quick-pickle red onions. Toss ½ cup paper-thin slices of red onion with 1 Tbs. white vinegar and ¼ tsp. kosher salt. Let stand 10 to 15 minutes, tossing occasionally. The acid and crunch make for lively eating in a ho-hum salad.

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EDITOR IN CHIEF Michele Crockett

EDITORIAL

FOOD EDITOR **Mary Margaret Chappell**

COPY CHIEF **Don Rice**

ONLINE MANAGING EDITOR **Jolia Sidona Allen**

ASSISTANT EDITOR **Kristen Kuchar**

ART

SENIOR ART DIRECTOR **Scott Hyers**

CONTRIBUTING ART DIRECTOR **Yvonne Duran**

PRODUCTION

PRODUCTION DIRECTOR **Cynthia Lyons**

PRODUCTION MANAGER **Mark Stokes**

CONTRIBUTORS

CONTRIBUTING EDITOR **Nicole Gregory**

RECIPE TESTER **Abigail Wolfe**

NUTRITION CONSULTANT **Antonina Smith**

VICE PRESIDENT, GENERAL MANAGER

Kim Paulsen

GROUP PUBLISHER

Jeff Tkach 303-625-1602

jtkach@aimmedia.com

ASSOCIATE PUBLISHER

Haley Brockmeier 303-625-1609

hbrockmeier@aimmedia.com

ADVERTISING

EAST COAST ADVERTISING DIRECTOR

Lorrie Allen 617-566-8277

lallen@aimmedia.com

MIDWEST ADVERTISING MANAGER

Kathi Magee 414-897-0377

kmagee@aimmedia.com

WEST COAST/SOUTHWEST

ACCOUNT MANAGER

Tanya Scribner 940-387-7711

tanya@scribmedia.com

ADVERTISING COORDINATOR

Elizabeth Regan 303-625-1625

eregan@aimmedia.com

MARKETING & WEB

DIRECTOR OF INTEGRATED MARKETING

Greg Brenton gbrenton@aimmedia.com

DIGITAL ADVERTISING SPECIALIST

Vivienne Duclos vduclos@aimmedia.com

MARKETING COORDINATOR

Lindsey Carrier lcarrier@aimmedia.com

MARKETING DESIGNER

Tanya Cantu tcantu@aimmedia.com

COMMUNICATIONS DIRECTOR

Dayna Macy dmacy@aimmedia.com

GROUP DIGITAL DIRECTOR

Timothy R. Zura

SENIOR DIGITAL DEVELOPER

Alan Zucker

CONSUMER MARKETING

CIRCULATION DIRECTOR **Jenny Desjean**

DIRECTOR OF RETAIL SALES **Susan Rose**

RESEARCH MANAGER **Lori Rodriguez**

EVENTS

GROUP OPERATIONS DIRECTOR **Dave C. Smith**

SENIOR EXPERIENTIAL MARKETING MANAGER

Rachel Van Buskirk rvanbuskirk@aimmedia.com



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Kristy Kaus

Address editorial correspondence to:

Vegetarian Times

2520 55th St., Suite 200,

Boulder, CO 80301

fax: 303-625-1602

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with the Asparagus Fettuccine with Lemon and Pepper; or Green Pasta Primavera? Do you have any suggestions for vegetarian newbies on how to pair different recipes and foods?

DONNA EPTING | VIA E-MAIL

ALL IN THE VEG FAMILY

Vegetarian Times has helped me for the past 10 years or so to become a healthier vegetarian with a much more interesting diet. I would love to see a continuation of 30 Minutes along with ideas for making family-friendly meals, especially for families with young children (my daughter is 4). For example, how about taco Tuesdays, breakfast all day, and colors (green spaghetti and smoothies are current favorites—I blend spinach into pesto and smoothies so everything is green and healthy). I can make all of these in 30 minutes or less, and they're healthy and fun. I'd love it if *VT* could help me to develop a broader set of these kinds of go-to menus, and I'm sure other working moms would too.

STEPHANIE SMITH | VIA E-MAIL

Editor's Note: Great timing for these pairing and meal-planning requests, particularly for families with young children. We are working on a series on how to shop, cook, and plan meals. It will debut in the January/February issue.

VT's iPad edition includes Make It a Meal suggestions (as well as other extras) in each issue. Add the digital upgrade to your print subscription for \$4.99.

Visit [vegetariantimes.com/ipad](https://www.vegetariantimes.com/ipad) to learn more.

letters

SOMETHING'S FISHY

I love the variety of articles and recipes in the July/August issue. The Veg 101 article on ingredients to look for as a vegan/vegetarian was a good idea, and I wanted to pass on another suggestion that recently surprised me. My local grocer told me that some non-fat Greek-style yogurts are using fish by-products to help maintain a creamy texture. People who need to avoid fish for allergies or dietary preference should read those ingredient lists!

JENNY SANDERS | VIA E-MAIL

COCONUT SWAP

I think your magazine is fantastic (many of your recipes are part of my repertoire), but I am concerned about the infatuation that your recipe developers have with coconut products. My husband has heart disease and sees a cardiologist who specializes in lipid issues. Because of this, coconut products are on our pantry no-no list. If your recipes *must* have coconut

products (understandable for Asian recipes), can the developers suggest appropriate substitutes for those of us who have problems with those items? There must be other subscribers who have similar concerns.

MIRIAM ROSENBLATT | VIA E-MAIL

Editor's Note: We'll be exploring the health pros and cons of various cooking oils in a future issue. Non-hydrogenated vegetable shortening is the best substitute for coconut oil in baking recipes. Like coconut oil, it is flavorless and solid at room temperature. For all other recipes, try a high smoke point vegetable-based oil (e.g., canola, sesame, avocado).

MATCH MAKERS

I am new to *VT* and am trying to convert to a vegetarian diet for health reasons. Could you suggest other recipes I can make to serve with the recipes in each issue? For instance, what would I serve

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tell VT

If your best friend was considering becoming vegetarian, what food would you offer him or her to show how good it can be?

Any Indian vegetarian dish! There are so many styles of cooking and ingredients to play with as well. The options are endless! You could have a new tasty and satisfying meal each day for months without ever repeating.

—PREEYA NAYEE, VIA FACEBOOK

Definitely a comfort food! Chickpea pot pie, lentil tacos, mushroom Sloppy Joes, cashew mac and cheese.

—CHRISTINA SMITH, VIA FACEBOOK

Homemade pickled beets!

—EMILY BRINJAK, VIA FACEBOOK

Barbecued “pulled” seitan sandwiches with creamy coleslaw. Delicious!

—HOLLY JORDAN,
VIA VEGETARIANTIMES.COM

Vegan black bean and peanut butter brownies. No one believes they have beans in them, let alone are vegan!

—BECKY STRUCK, VIA FACEBOOK

Vegan “clam” chowder using oyster mushrooms instead of clams.

—SARA SHEPHERD, VIA FACEBOOK

I love a bowl of vegan chili chock full of beans, corn, peppers, and mushrooms. Meat is unnecessary in such a delicious dish.

—ROBYN DOLAN,
VIA VEGETARIANTIMES.COM

I always make mole enchilada casserole (in layers instead of wraps) with lots of sautéed veggies and black beans. Every person I’ve made it for says that they had no idea vegetarian could be so filling and tasty.

—JILLIAN MCKEOWN, VIA FACEBOOK



next question

What is your favorite dish made with pumpkin?

Visit vegetariantimes.com/tellvt to share your answer—and see what others have to say. Our favorite responses will be published in the next issue of VT.

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SHARE Reader Recipe

Spaghetti Squash with Spinach Pesto and Sun-Dried Tomatoes



SERVES 6

Jennifer Walkup, a writer in New Jersey, enjoys creating different pesto sauces to top spaghetti squash for family dinners: "This one was a big hit—they didn't even realize how many vegetables they were eating."

- 1 medium spaghetti squash
- 5 cups fresh baby spinach
- $\frac{1}{4}$ cup olive oil
- $\frac{1}{4}$ cup chopped walnuts
- $\frac{1}{4}$ cup Parmesan cheese, plus more for sprinkling, optional
- 2 cloves garlic, minced (2 tsp.)
- $\frac{1}{4}$ cup oil-packed sun-dried tomatoes, drained and chopped

1 | Preheat oven to 375°F. Cut spaghetti squash in half, and remove seeds with spoon. Place squash halves face down on baking sheet, and roast 1 hour. Scrape with fork to release strands. Transfer strands to bowl.

2 | Combine spinach, oil, walnuts, Parmesan, and garlic in food processor, and pulse until mixture has consistency of paste. Add to squash, and mix well. Divide among six plates, and top each serving with sun-dried tomatoes. Sprinkle with additional Parmesan, if using.

PER 1-CUP SERVING 231 cal; 5 g prot; 15 g total fat (2 g sat fat); 23 g carb; 3 mg chol; 155 mg sod; 6 g fiber; 8 g sugars  

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THE *dish*

HOT SPOT

BY MICHAEL KAMINER



SWEET AVENUE BAKE SHOP

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What it is: vegan bakery

Why we love it: Though their luscious cupcakes are vegan, owners Jake and Danielle Vance make them defiantly decadent, with an array of seasonal flavors that change monthly. We saw cotton candy, s'mores, and piña colada when we visited.

"We're a traditional bakery that happens to be vegan," Jake says. "We didn't set out to be super-healthy." The cupcakes start with unbleached wheat flour or a bean-based gluten-free flour blend and bone-char-free and vegan white sugar; margarine and shortening in frostings are dairy-free.

A shiny bakery case is the centerpiece of the compact shop; pristine white trays display rows of colorful cupcakes, along with sweet treats like the popular cookie dough cake truffles, and the gluten-free vanilla or chocolate sugar cake balls.

Most customers take cupcakes home in old-fashioned boxes bearing the shop's tattoo-inspired logo. But if you can't wait to sink your teeth into Sweet Avenue's treats, the shop's shocking-pink bench makes a perfect perch.

Bonus: The best seller at Sweet Avenue: Red velvet cupcakes that hark back to the luscious home baking of Jake's Texas childhood. "Not a lot of bakeries do a real red velvet, and I missed it," he says. "Ours took a lot of trial and error and a ton of research. But it was worth it." Customers agree. "The vegan community has been so good to us," Jake says. "We're thankful."



PHOTOGRAPHY: HANNAH MATTIX

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➔ FOREST-BATHING BASICS

- Aim for a three-hour-long session, including up to a mile of walking. Some research shows that benefits can build up over time, so turning the practice into a weekly habit should deliver greater health gains.
- For help in honing your attention, jot down your observations about all the sights, scents, sounds, and textures around you.
- To enhance the anti-stress element of your forest-bathing experience, researcher Qing Li suggests adding in relaxation techniques like deep breathing and meditation. Some forest bathers even incorporate yoga, tai chi, or barefoot walking into their sessions, says forest-therapy practitioner Amos Clifford.

tree-time therapy

A SIMPLE PRACTICE CALLED FOREST BATHING COULD HELP NURTURE YOUR HEALTH AND FEND OFF SICKNESS.

Taking a walk in the woods and soaking up the lush scenery, clean air, and supreme quiet of a forest could do more than refresh your mind and recharge your energy. Thanks to a do-it-yourself therapy known as forest bathing or *shinrin-yoku* (a Japanese term that means “taking in the forest atmosphere”), spending a few serene hours in the woods may give you a long-lasting health boost.

A form of eco-therapy practiced in Japan for several decades, forest bathing has been found to reduce stress, lower blood pressure, and increase anti-cancer proteins in recent studies. Those health effects most likely have much to do with stress-soothing, according to Qing Li, associate professor at Nippon Medical School in

Tokyo. However, certain environmental factors may also play a part in forest bathing’s impacts on health. For instance, says Li, breathing in phytoncides (a class of compounds released by trees) appears to rev up immune activity.

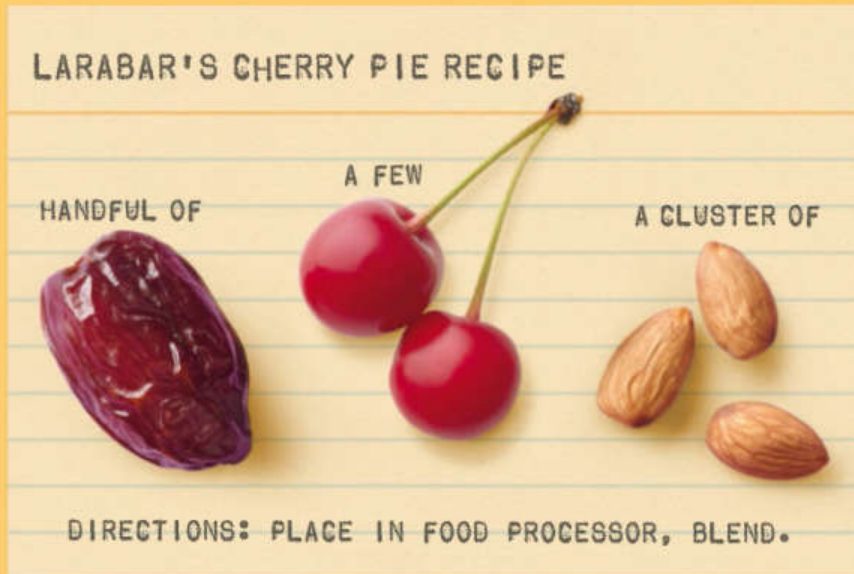
When heading out for a forest bathing session, keep in mind that “the key things are to slow down and engage your senses,” advises Amos Clifford, director and founder of the Association of Nature & Forest Therapy Guides & Programs, based in Santa Rosa, Calif. While joining a guide-led group trek can ease you into a slower pace, starting off with a period of stillness can also help you make that shift.

“Slowing down can initially be stressful for many people, but finding your way to a beautiful spot and just sitting for about 20 minutes without any distraction can help you unwind,” Clifford says.

For more hints on making the most of forest bathing, visit shinrin-yoku.org.

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A MEMBER OF THE GINGER FAMILY, TURMERIC (*CURCUMA LONGA*) IS WIDELY USED IN INDIAN COOKING, GIVING CURRY ITS DISTINCTIVE YELLOW HUE. THE PLANT IS ALSO A PILLAR OF AYURVEDIC MEDICINE DUE TO THE PROPERTIES OF CURCUMIN, TURMERIC'S MOST ACTIVE INGREDIENT. PRELIMINARY RESEARCH SUGGESTS THAT CURCUMIN MAY HELP REDUCE INFLAMMATION AND CELL DAMAGE, MANAGE JOINT AND MUSCLE PAIN, IMPROVE DIGESTIVE DISORDERS LIKE DYSPEPSIA AND ULCERATIVE COLITIS, DECREASE SYMPTOMS OF DEPRESSION, AND LOWER BLOOD SUGAR AND SYSTOLIC BLOOD PRESSURE.

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“Curcumin is a potent anti-inflammatory and antioxidant, and when taken as a daily supplement can help alleviate or prevent lots of chronic illnesses,” says Ajay Goel, PhD, director of the Center for Gastrointestinal Research and the Center for Epigenetics, Cancer Prevention, and Cancer Genomics at Baylor University Medical Center in Dallas. “For most adults, a curcumin supplement between 250 milligrams and 500 milligrams is reasonable.”

USE IT RIGHT

✦ The problem with curcumin is getting enough of it. Pure turmeric powder contains only about 3 percent curcumin; even then, the human body has great difficulty absorbing and retaining it. “Consumption of curcumin with food can enhance its absorption, probably due to the presence of fat,” says Goel.

WATCH OUT FOR

✦ Stomach upset and increased gallstone symptoms are possible. Interactions may occur with blood thinners, stomach-acid reducers, and diabetes medications. BCM-95, formulas that contain it (such as Curamin), or other high-absorption forms of curcumin (C3 Reduct, Longvida, Meriva, Theracurmin) may be preferred at varying dosages for specific ailments; discuss your needs with your health practitioner.

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chocolate whisperer

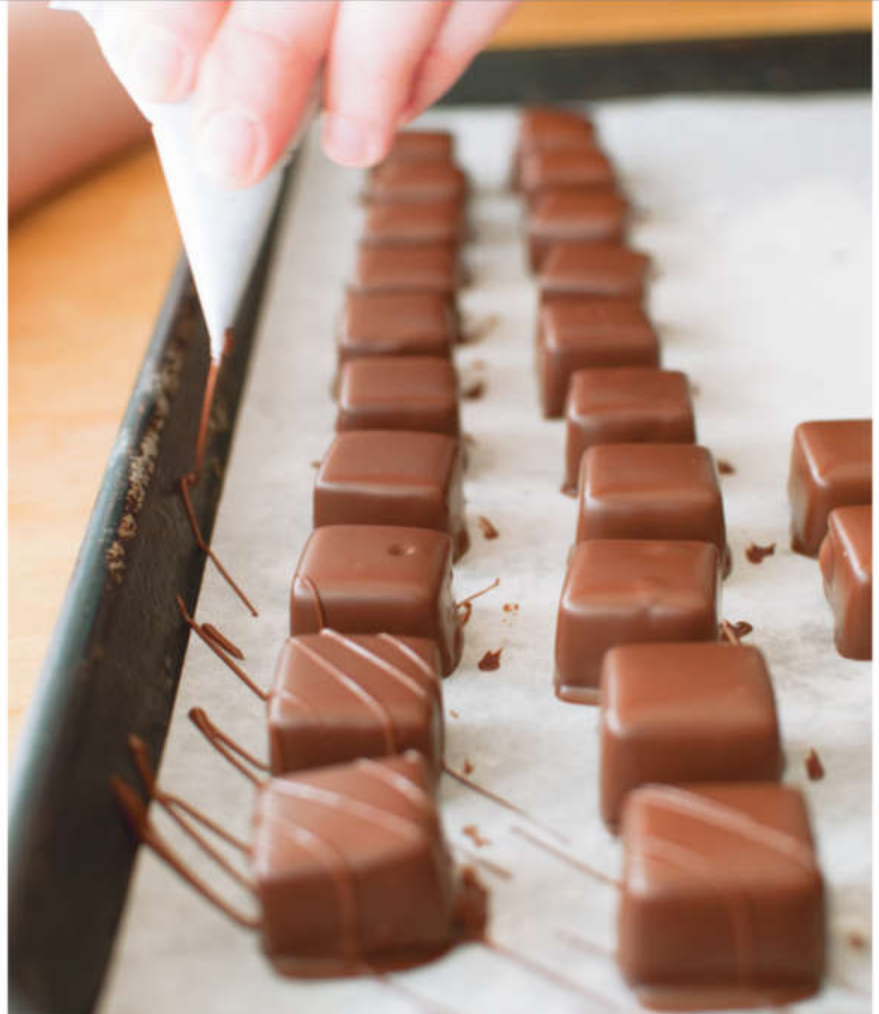
"Chocolate is very particular, and presents some pretty specific constraints," says Kate Shaffer, co-owner of Maine-based Black Dinah Chocolatiers and author of *Desserted: Recipes and Tales from an Island Chocolatier*. "Instead of inhibiting my creativity, those constraints unlocked a lot of doors for me." Here, Shaffer shares some tips for cooking with chocolate.

Q Is there a must-have tool for chocolatiers?

A A hair dryer. I'm not kidding. We have one in every corner of our production facility. Successful chocolate making depends on being able to hold melted (and tempered) chocolate within a degree or two of a very specific temperature, while also controlling the crystallization of the cocoa butter. The occasional heat blast of a hair dryer makes a complicated process much, much easier, and completely accessible to a home cook.

Q What's the secret to perfect chocolate icing?

A I have two icing favorites: chocolate Italian meringue buttercream and chocolate glaze. The secret to chocolaty



buttercream is beginning with a very clean bowl with no oil residue (residual fat from a previous baking project will prevent your egg whites from whipping up beautifully), using super-fresh eggs, and adding as much chocolate as you can without sacrificing the airy quality of your end result. The secret to great chocolate glaze is to simply use the best dark chocolate you can find.

Q How do you use chocolate in savory dishes?

A I use bittersweet chocolate in my mole poblano and in chili. The key is to use chocolate to deepen the flavors already present in the dish. Don't use so much that you can identify it in the resulting dish, but just enough to set off the sweetness of the chiles or the onions.



Desserted: Recipes and Tales from an Island Chocolatier
By Kate Shaffer

What's the No. 1 mistake to avoid in baking with chocolate?

Find out from Kate Shaffer at vegetariantimes.com/chocolatefix.

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slice and dice

Consider investing in a high-quality knife or two, and then take good care of them. According to Jeffrey Elliot and James P. DeWan, authors of *Zwilling J.A. Henckels Complete Book of Knife Skills*, a good knife should be cleaned and dried by hand directly after use and kept in a sheath, knife tray, knife block, or on a magnetic wall mount.

Check out this selection of top knives that are best for vegetarian cooking.

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1 Wüsthof Classic 8-inch vegetable knife
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\$190; williams-sonoma.com

2 Kyocera Nakiri Vegetable Cleaver
The 6-inch ceramic blade is made for chopping piles of herbs and vegetables.
\$79.95; kyoceraadvancedceramics.com

3 Victorinox 7" Santoku knife
This versatile cook's knife comes in green, pink, orange, and yellow.
\$60; swissarmy.com

4 Kuhn Rikon Colori Large Santoku Knife
The Japanese stainless steel blade has a silicone-based non-stick coating that keeps food from sticking to the knife.
\$18; kuhnrikon.com

5 Global Sai Vegetable Knife
A hand-hammered stainless steel knife designed for cutting vegetables and herbs.
\$249; williams-sonoma.com

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squash rules

WINTER SQUASH MAKES FOR TIME-SAVING SIDE DISHES IN THESE AUTUMN RECIPES

When you think of fast-cooking vegetables for fall meals, winter squash probably isn't the first to come to mind. But its flesh actually cooks in less time than carrots or white potatoes. And now that diced butternut squash and edible-peel varieties (such as kabocha, red kuri, and delicata) are more widely available, these gorgeous gourds can easily be added to healthful recipes.

SQUASH MASH WITH SAUTÉED MUSHROOMS AND WATERCRESS p. 29

Rustic Squash Pizza with Goat Cheese Gremolata

SERVES 4 TO 6 | 30 MINUTES OR LESS

In this hearty pizza recipe, preheating the baking sheet mimics a pizza stone, and results in a crisp crust and short baking time.

- 2 cups cubed butternut squash (½-inch cubes)
- 1 16-oz. pkg. refrigerated pizza dough
- 2½ oz. fresh mozzarella cheese, drained, chopped
- 2½ oz. reduced-fat mozzarella cheese, chopped
- ⅔ cup chopped red onion
- 2 Tbs. chopped Italian parsley
- ½ large red jalapeño or Fresno chile, finely chopped
- 2 tsp. grated lemon peel
- 1 clove garlic, minced (1 tsp.)
- ⅓ cup crumbled goat cheese

1 | Place oven rack in lowest position; place large baking sheet on rack, and preheat oven to 500°F.

2 | Coat large skillet with cooking spray. Add squash; season with salt, if desired, and coat with cooking spray. Add ¼ cup water. Bring to boil over medium-high heat. Cover, and cook 5 minutes, or until squash is tender and water is absorbed.

3 | Coat dull side of non-stick foil with cooking spray. Place dough on foil; coat dough with spray. Stretch dough into 13- x 9-inch oblong shape. Sprinkle with mozzarella cheeses, then squash and onion, leaving ½-inch border around sides. Season with salt and pepper, if desired.

4 | Slide foil with pizza onto hot baking sheet in oven. Bake pizza 10 to 15 minutes, or until crust is crisp.

5 | Meanwhile, toss together parsley, chile, lemon peel, and garlic in small bowl. Mix in goat cheese.

6 | Transfer pizza to cutting board or platter. Sprinkle with parsley mixture.

PER SLICE (⅓ PIZZA) 213 cal; 8 g prot;

7 g total fat (3 g sat fat); 29 g carb; 19 mg chol; 528 mg sod; 2 g fiber; 1 g sugars

PHOTOGRAPHY Chris Court
FOOD STYLING Justine Poole



BUTTERNUT SQUASH
HOME FRIES

TIP To peel kabocha and other pumpkin-shaped winter squash, halve the gourd, then set one half flat side down on cutting board. Starting at the top of the squash, slice downward with a chef's knife to remove the skin.

Butternut Squash Home Fries

SERVES 4 | 30 MINUTES OR LESS

Eggs with a medley of quick-cooked squash and cherry peppers create a colorful breakfast or brunch. For speedy peeling and cubing, use the "neck" portion of a large butternut squash so you can cut the peel straight down off the sides.

- 1½ Tbs. olive oil
- 4 cups peeled, cubed butternut squash (½-inch cubes)
- 1 medium onion, chopped (1½ cups)

- 5 large red cherry peppers, seeded and chopped (1 cup)
- 3 cloves garlic, minced (1 Tbs.)
- 4 green onions, chopped (½ cup)
- 4 large eggs


1 | Heat oil in large skillet over medium-high heat. Add squash and onion; toss to blend. Cover, and cook 5 minutes, or until squash begins to brown. Stir, cover, and cook 5 to 6 minutes more, or until squash is tender and onions start to caramelize.

2 | Add peppers and garlic, and sauté 2 minutes, or until fragrant. Season

generously with salt and pepper, if desired. Mix in green onions; cook 1 minute more. Divide among four plates or shallow bowls.

3 | Return skillet to medium-high heat; coat with cooking spray. Drop in eggs. Cover, and cook 2 minutes, or until whites are firm but yolks are still soft. Top home fries with eggs.

PER SERVING: 1 CUP SQUASH AND 1 EGG

211 cal; 9 g prot; 10 g total fat (2 g sat fat); 24 g carb; 186 mg chol; 84 mg sod; 6 g fiber; 7 g sugars 

Baked Squash with Maple-Pecan Topping

SERVES 4 TO 6 | 30 MINUTES OR LESS


Serve these squash rings as a side dish, or add a scoop of pumpkin ice cream for a yummy dessert. Look for Grade B maple syrup for its dark color and rich flavor.

- 1 large acorn squash (1½ lb.), ends trimmed, cut into four ¾-inch-thick rounds
- ½ cup pecan halves (2 oz.)
- ¼ cup dark brown sugar (1½ oz.)
- 1 Tbs. chilled butter or margarine, diced
- ½ tsp. ground cinnamon
- 2 Tbs. maple syrup (preferably Grade B)

1 | Place oven rack in center of oven, and preheat oven to 425°F. Line 12- x 9-inch rimmed baking sheet with non-stick foil. Season squash with salt and very lightly with pepper, if desired. Arrange squash rounds on foil with larger surface area down. Roast 15 minutes.

2 | Pulse pecans, brown sugar, butter, cinnamon, and salt (if desired) in mini food processor until nuts are chopped to pea-size pieces. Transfer mixture to bowl; mix in maple syrup.

3 | Turn squash over. Top with pecan mixture. Bake 8 minutes more, or until squash is tender, and topping is hot and bubbling.

PER SQUASH RING 242 cal; 2 g prot; 12 g total fat (3 g sat fat); 36 g carb; 8 mg chol; 32 mg sod; 3 g fiber; 20 g sugars 

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Squash Mash with Sautéed Mushrooms and Watercress



SERVES 4 | 30 MINUTES OR LESS

Rich, nutty kabocha or red kuri squash is paired with sweet potato in this sunset-hued mash. Any winter squash will work in the recipe if you can't find kabocha.

- 2 lb. kabocha or red kuri squash, peeled, seeded, and cut into 1-inch cubes (4 cups)
- 1 10-oz. sweet potato or yam, peeled and cubed
- $\frac{1}{2}$ tsp. ground nutmeg
- $1\frac{1}{2}$ Tbs. olive oil
- 1 lb. sliced mushrooms
- 4 cloves garlic, minced (4 tsp.)
- 1 tsp. chopped fresh rosemary
- 2 cups watercress sprigs
- 1 Tbs. unseasoned rice vinegar

1 | Combine squash, sweet potato, and $\frac{3}{4}$ cup water in large bowl. Cover, and microwave 10 minutes. Stir, cover, and cook 3 minutes more, or until vegetables are tender. Mash in bowl, and add more water by tablespoonfuls if mixture is very dry (but keep mixture thick). Season with nutmeg, and salt and pepper, if desired.

2 | Meanwhile, heat oil in large non-stick skillet over high heat. Add mushrooms, garlic, and rosemary, and sauté 10 minutes, or until liquids have cooked away. Add watercress and vinegar; toss 1 minute to wilt watercress slightly. Season with salt and pepper, if desired. Serve mash topped with mushrooms.

PER SERVING ($\frac{1}{2}$ CUP MASH AND $\frac{1}{2}$ CUP MUSHROOMS) 162 cal; 6 g prot; 6 g total fat (1 g sat fat); 25 g carb; 0 mg chol; 27 mg sod; 4 g fiber; 10 g sugars  

Warm Autumn Squash Salad with Apple Dressing

SERVES 4 | 30 MINUTES OR LESS

In this recipe we've left the edible squash skin on the pieces to hold




them together and to add a touch of color. Look for colorful varieties of cauliflower—in season in October—to brighten the salad even more.

- $\frac{1}{2}$ kabocha or red kuri squash sliced into 8 $\frac{1}{2}$ -inch-thick crescents, or 8 $\frac{1}{2}$ -inch-thick rings delicata squash
- 8 2-inch cauliflower florets, halved so one side is flat
- 1 15-oz. can chickpeas, rinsed and drained
- 1 9-oz. red Gala apple cored and quartered: 3 quarters sliced into wedges; 1 quarter diced
- $\frac{1}{2}$ cup frozen apple juice concentrate, thawed
- $2\frac{1}{2}$ Tbs. olive oil
- 1 Tbs. apple cider vinegar
- 1 Tbs. Dijon mustard
- 1 clove garlic, peeled
- 2 gem lettuces, leaves separated

1 | Preheat oven to 500°F. Coat large baking sheet with cooking spray. Arrange squash and cauliflower, flat-side down, on baking sheet. Spray vegetables, and sprinkle with salt and pepper, if desired. Roast 5 minutes. Flip, and roast 5 to 6 minutes more, or until just tender.

2 | Meanwhile, blend $\frac{1}{2}$ cup chickpeas, diced apple, apple juice concentrate, oil, vinegar, mustard, and garlic in blender until very smooth. Season dressing with salt and pepper, if desired.

3 | Toss lettuce leaves, remaining chickpeas, and $\frac{1}{3}$ cup dressing in large bowl. Divide among four plates. Top with squash, cauliflower, and apple wedges. Drizzle with remaining dressing.

PER SERVING: 2 SQUASH WEDGES AND 1 CUP SALAD 318 cal; 9 g prot; 10 g total fat (1 g sat fat); 50 g carb; 0 mg chol; 256 mg sod; 9 g fiber; 24 g sugars   

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myth

FRUIT SHOULD
ONLY BE EATEN
ON ITS OWN



Packed with fiber, vitamins, and disease-thwarting antioxidants, fruit is undeniably important to overall health. Yet, some health advocates believe that to fully reap the benefits of fruit, you should eat it with no other foods. But don't stop adding berries to your morning oatmeal just yet.

Food combining, a nutritional philosophy known as trophology, holds that fruit is best eaten separate from other foods, because when fast-digesting fruit is consumed along with food containing starches and proteins, its digestion is hindered, leading apples, grapes, and their ilk to ferment in your gut, which contributes to a range of digestive woes (such as bloating, indigestion, and gas). On the flip side, when fruits are eaten on their lonesome—at least an hour before or after a meal—your body can more easily access their nutritional bounty, leading to improved energy and weight loss.

True? Yes, different foods do digest at different speeds, according to Sharon Palmer, RDN, author of *Plant-Powered for Life*, but there is a dearth of scientific evidence to support the practice of segregating fruit from other edibles. "A healthy digestive tract has all the necessary enzymes needed to properly digest fruit and release its nutrients in a timely fashion," Palmer says, "whether or not other starches, proteins, or fats are present."

In other words, the human digestive tract is efficient at digesting mixed meals. What's more, she says, gas is produced by bacteria working on food in the colon—not the stomach. "So even if fruit is lingering in your stomach, it has little relevance to gas production."

As for the purported weight loss benefits of carefully matching your food intake, an *International Journal of Obesity* study found no evidence that a food-combining diet was any more effective at bringing about a slimmer waistline than a typical balanced diet. 🌱

DYNAMIC DUOS

When it comes to good nutrition, science shows that these combos provide an extra boost.

➔ BLUEBERRIES + YOGURT

Antioxidants in blueberries and the vitamin D found in the cultured dairy appear to team up to bolster immune health. For an immune-friendly snack, top plain Greek yogurt with blueberries and chopped nuts.

➔ ORANGE + BEANS

Citrus fruits, such as oranges, are rich in vitamin C, which helps increase absorption of the plant-based iron found in beans. Try black bean tacos topped with an orange salsa.

➔ STRAWBERRIES + DARK CHOCOLATE

Antioxidants in these foods react synergistically with one another, creating an antioxidant punch not available when consumed separately. Stir chopped strawberries and dark chocolate into hot oatmeal.

THE REALITY

If you find eating fruit solo is better for your digestion, there is no harm in continuing to do so. Ultimately, the more pressing question for a healthful diet is how much fruit you eat rather than when you eat it. Aim for at least 2 cups daily.

Canada-based Investigative Nutritionist Matthew Kadey, RD, sets us straight on misleading nutrition claims.

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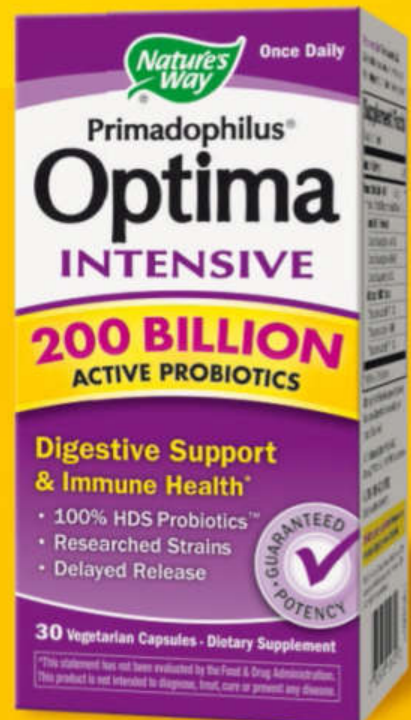
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6 WAYS TO MAKE YOUR HOME A HAPPIER,
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creature features



Your home is your castle, but if your cats or dogs could rate your space for overall satisfaction, would they give it a 10? We asked top pet behaviorists for tips on how to create a home that will make your pets truly happy and healthy. Here's what they told us.

BY Elizabeth Turner
ILLUSTRATION Stephanie K. Birdsong

1. Consider sensitive noses

If you use strong-smelling cleaning products, be aware that animals may find those scents repulsive. "Pets' noses are much more sensitive than ours," says Kat Miller, PhD, a certified applied animal behaviorist and director of Anti-Cruelty Behavior Research at the ASPCA.

Solution: To clean up after accidents or neutralize general pet odors, choose

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cleansers such as Nature's Miracle Stain and Odor Remover (\$14.99 to \$54.99; natures-miracle.com). "Enzymatic cleaners actually break down and remove the odors rather than covering them up," says Miller.

2. Don't hide the litter box

Cat owners often go for lidded litter boxes, or hide them in closets to keep them out of human sight. This can sometimes lead to litter box aversion, says cat behaviorist Mieshelle Nagel-schneider, author of *The Cat Whisperer: Why Cats Do What They Do—and How to Get Them to Do What You Want*. "[Cats] don't want to get trapped. They prefer something open."

Solution: Choose a lid-free box no smaller than 23 x 16 inches, and place it in a spot with a clear view, in a room the cat often visits. Get one box per cat plus one more, and keep them in separate areas, suggests Nagelschneider.

3. Fight pet boredom

"For pets, the best part of the day often is mealtime, and it can be over in 30

seconds," says Miller. Extend the fun with food puzzles—dispensing toys that turn every bite into a game.

Solution: Kong Classic chew toys for dogs come in several sizes (\$8.49 to \$27.99; amazon.com) and can be stuffed with wet or dry food. For cats, Miller suggests putting wet food in half of a plastic Easter egg or in a wide (Gatorade-size) bottle cap, and letting kitty chase dinner around the floor.

4. Add a second water bowl

Create options for drinking water, suggests Carlo Siracusa, director of Animal Behavior Service at the veterinary hospital at the University of Pennsylvania. "For cats, put a water bowl far from the feeding station," he says, explaining that in the wild, cats don't drink water in the same spot where they feed because the water could be contaminated.

Solution: Upgrade the drinking experience for dogs or cats with a small fountain to attract pets with the sound of gently flowing water. Check out the Drinkwell Avalon Fountain (\$89.85;

petfountain.com). It looks good, offers two ways to drink continuously filtered water, and the tiered bowls are made of ceramic instead of plastic.


5. Think vertically

"Cats and dogs love looking out a window, but often windows are too high for them. If you put a platform or piece of furniture so they can see out, it's like TV for your pets," says Miller. "To make it even better, put a bird feeder or squirrel feeder outside the window—that's like HBO for pets."

Solution: Cats love cat trees, but if carpeted furniture offends your design sensibility, Sherry Woodard, Best Friends Animal Sanctuary's resident animal behavior consultant suggests installing a few shelves in a step-like pattern for climbing and perching. The Refined Feline Cat Clouds shelves (\$99.99; therefinedfeline.com) are sturdy, padded, and attractive.

6. Provide a Quiet Space to Retreat

"Especially with dogs, we tend to think they never tire of our attention," says Siracusa. But pets need a quiet, comfortable place where they can take a break from other animals, noisy kids, or visitors. "You have to give a dog or cat some control over its environment," he says.

Solution: A large crate can be comforting for a dog if things get crazy at home, and don't rule it out for a cat, either. (According to Woodard, dogs and cats should all have their own crates, and should be comfortable getting into them.) This quiet space could include a dedicated pet bed or be something as simple as a favorite chair—the most important thing is that it's away from high-traffic areas and offers easy access to water and (in the case of cats) a litter box. 

Elizabeth Turner is a Los Angeles-based writer and former editor of VT. Her cat, Olive, just got her first food puzzle.



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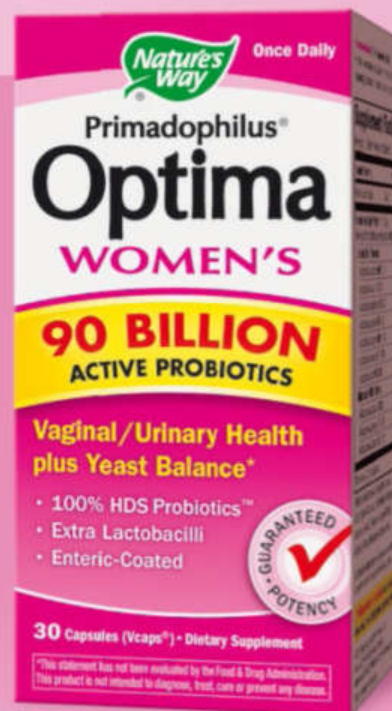
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SPIRAL SLICERS PRODUCE
SHAPELY VEGGIE CURLS
AND TRIM YOUR TIME IN
THE KITCHEN

spiro-fast

What's cheaper than a food processor, easier to operate than a mandoline, and faster at getting veggies on the table than just about any other kitchen tool? A spiral slicer! With a twist of the wrist, the amazing gadget produces pretty vegetable curls that can be used for both raw and cooked vegetable noodles (see the recipe for Quick-Sautéed “Zoodles” with Lemon-Mint Brown Butter, p. 40), and so much more.



QUICK-SAUTÉED
“ZOODLES” WITH
LEMON-MINT BROWN
BUTTER, p. 40



Curly Oven French Fries with Seasoned Salt

SERVES 4

The trick to perfectly cooked oven fries: blanch the potatoes first, dry them well, then roast them just until barely golden. For even cooking, cut the longest pieces of potatoes into shorter curls so they lie flat.



FRIES

- 1¼ lb. large Yukon gold potatoes, unpeeled
- 3 Tbs. vegetable oil

SEASONED SALT

- 1½ tsp. kosher salt
- ½ tsp. sugar
- ¼ tsp. chile powder
- ¼ tsp. ground coriander
- ¼ tsp. ground cumin
- ¼ tsp. powdered garlic
- ¼ tsp. paprika

- 1 |** To make Fries: Preheat oven to 425°F. Line two baking sheets with parchment paper.
- 2 |** Bring large pot of salted water to a boil.
- 3 |** Cut potatoes into curls with large-toothed blade on spiral slicer. Cut longest curls into shorter lengths. Discard very thin or half-moon-shaped pieces.
- 4 |** Cook potato curls in boiling water 3 minutes. Drain, and transfer to clean kitchen towel to dry.
- 5 |** To make Seasoned Salt: Combine all ingredients in small bowl, and set aside.
- 6 |** When potatoes are cool, arrange on prepared baking sheets, and season with 1 Tbs. Seasoned Salt. Drizzle with oil, and toss to coat. Bake 16 to 18 minutes, or until fries are lightly golden, rotating baking sheets to opposite racks halfway through cooking. Serve immediately, with


Maple Mustard Dipping Sauce, if desired.
PER ½-CUP SERVING 214 cal; 3 g prot; 11 g total fat (1 g sat fat); 26 g carb; 0 mg chol; 825 mg sod; 2 g fiber; 1 g sugars  

Maple-Mustard Dipping Sauce

MAKES ½ CUP | 30 MINUTES OR LESS

Serve this spicy sweet sauce with oven fries, or use as a sandwich spread.

- ¾ cup low-fat mayonnaise or vegan mayonnaise
- 1 Tbs. plus 1 tsp. Dijon mustard
- 1 Tbs. maple syrup
- 2 tsp. fresh lime juice

Whisk together all ingredients in small bowl. Serve with Curly Oven French Fries.
PER 1-TSP. SERVING 10 cal; 0 g prot; <1 g total fat (<1 g sat fat); 1 g carb; 0 mg chol; 56 mg sod; 0 g fiber; 1 g sugars 

Spiralized Butternut Squash and Apples with Lentils and Maple-Balsamic Sauce

SERVES 4 | 30 MINUTES OR LESS



Spiral slicers turn butternut squash into super-quick cooking “noodles”: two to three minutes in a pan, and the orange curls are ready to star in a delicious lentil dinner.

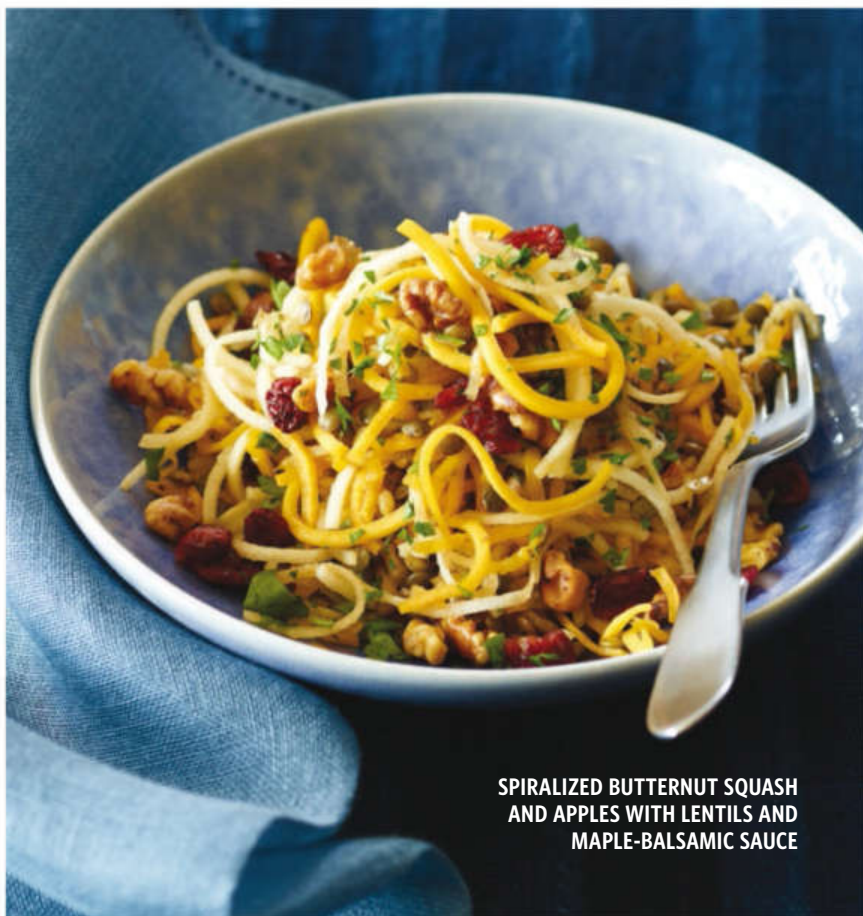
- 4 tsp. maple syrup
- 1 Tbs. lemon juice
- 2 tsp. balsamic vinegar
- 7 oz. butternut squash “neck”
(from peeled, halved squash)
- 1 medium Golden Delicious apple,
stem removed
- 2 tsp. vegetable oil
- 1 clove garlic, minced (1 tsp.)
- 1½ cups cooked French green lentils
- 2 Tbs. chopped fresh parsley
- ¼ cup chopped dried cranberries,
optional
- ¼ cup chopped toasted walnuts,
pecans, or hazelnuts, optional

1 | Stir together maple syrup, lemon juice, and balsamic vinegar in small bowl, and set aside.

2 | Cut butternut squash into noodles with small-toothed blade on spiral slicer (you should have 2 cups). Cut apple into small noodles with same blade (you should have 1½ cups).

3 | Heat oil in large skillet over medium-high heat. Add squash noodles, and season with salt, if desired. Cook 2 minutes, or until noodles are slightly softened. Add apple noodles, and cook 1 minute. Stir in garlic, and cook 30 seconds. Add lentils and maple-balsamic mixture, and season with salt, if desired. Remove from heat, and stir in 1 Tbs. parsley and cranberries and nuts (if using). Garnish with remaining 1 Tbs. parsley.

PER ¼-CUP SERVING 209 cal; 10 g prot; 3 g total fat (<1 g sat fat); 39 g carb; 0 mg chol; 8 mg sod; 7 g fiber; 11 g sugars  



SPIRALIZED BUTTERNUT SQUASH
AND APPLES WITH LENTILS AND
MAPLE-BALSAMIC SAUCE



GEAR GUIDE

Ready to make those veggies curl? There's a spiral slicer for every type of cook—and budget.



THE NEWBIE The just-released **Oxo Good Grips Hand-Held Spiralizer** is perfect for cooks who want to give spiral-slicing vegetables a try. The compact size and single blade gizmo spins out spaghetti-like vegetable noodles with a twist of the hand. \$14.99; oxo.com



THE ITALIAN JOB Similar to the hand-held “spirellis” found in kitchen drawers all over Italy, the **Brieftons NextGen Vegetable Spiralizer** comes with four different blades and a cleaning brush (though the slicer is easy to clean without it). \$23.95; amazon.com



THE POWERHOUSE If you're serious about spiral-slicing and plan to do it often, the four-blade **Paderno Spiralizer** is for you. The countertop contraption makes quick work of noodling even such hard-to-cut veggies as squash and potatoes. \$49.95; williams-sonoma.com



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SWEET POTATO STIR-FRY
WITH THAI CURRY SAUCE



SPIRAL-SLICING SUCCESS SECRETS

SIZE UP YOUR VEGGIES Cut large vegetables into manageable lengths (no more than 5 inches), and when working with smaller diameter items, such as radishes and carrots, choose the fattest you can find. Cut veggie ends so they are as flat as possible. Trim long spiral-sliced strips if necessary so they are easy to move around in a pan.

CRANK UP THE HEAT Preheat your skillet or oven to medium-high or high heat so that spiral-sliced vegetables will cook as quickly as possible and retain their crisp-tender texture.

DON'T CROWD THE PAN An overflowing skillet will result in mushy vegetable curls that steam in their own juices. Cook veggies in batches, if necessary.

Quick-Sautéed “Zoodles” with Lemon-Mint Brown Butter

SERVES 4 | 30 MINUTES OR LESS

Adding a little butter to the sautéing oil for zucchini noodles enhances browning.

- 2 medium zucchini (1 lb.)
- 1½ Tbs. plus 2 tsp. unsalted butter, divided
- 1 tsp. thinly sliced fresh mint leaves
- 1 tsp. fresh lemon juice

- ¼ tsp. grated lemon zest
- 2 tsp. vegetable oil, divided

- 1** | Cut zucchini into noodles with small-toothed blade on spiral slicer. Set aside.
- 2** | Heat 1½ Tbs. butter in small skillet over medium heat. Cook 6 minutes, or until milk solids have turned light caramel color. Remove from heat, and stir in mint, lemon juice, and lemon zest.
- 3** | Heat 1 tsp. butter and 1 tsp. oil in large skillet over medium heat. Add half of

zucchini noodles, and increase heat to medium-high. Season with salt and pepper, if desired, and cook 3 minutes. Transfer to serving dish, and repeat with remaining butter, oil, and zucchini. Drizzle zucchini with brown butter.

PER ½-CUP SERVING 95 cal; 1 g prot; 9 g total fat (4 g sat fat); 4 g carb; 17 mg chol; 10 mg sod; 1 g fiber; 3 g sugars

Sweet Potato Stir-Fry with Thai Curry Sauce

SERVES 3 | 30 MINUTES OR LESS

You might not think of sweet potatoes in a stir-fry, but after you spiralize them into curly pieces, they're the perfect ingredient for a super-quick curry.

- 1 tsp. Thai red curry paste
- 2 cloves garlic, minced (2 tsp.)
- 2 tsp. minced fresh ginger
- 1 medium sweet potato, halved
- 2 tsp. vegetable oil
- 2 small heads baby bok choy, cut into wide ribbons (2 cups)
- 1 cup fresh corn kernels
- ½ cup light coconut milk
- 2 tsp. lime juice
- 2 Tbs. chopped cilantro

- 1** | Combine curry paste, garlic, and ginger in small bowl, and set aside.
- 2** | Cut sweet potato with large blade of spiral slicer. (Cut any very long curls into smaller lengths; discard very small pieces. You should have 3 cups.)
- 3** | Heat oil in wok or large skillet over medium-high heat. Add sweet potato spirals, and cook 3 to 4 minutes, or until beginning to brown. Add bok choy and corn, increase heat to high, and cook 2 minutes, or until bok choy is wilted. Add curry paste mixture, and cook 30 seconds. Add coconut milk and lime juice, and remove pan from heat. Stir in cilantro.

PER 1-CUP SERVING 229 cal; 5 g prot; 12 g total fat (8 g sat fat); 30 g carb; 0 mg chol; 207 mg sod; 5 g fiber; 9 g sugars

Susie Middleton is currently working on a vegetarian cookbook and winding down the busy growing season on her farm on Martha's Vineyard.

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wheat flavor

A WHOLE-
GRAIN FLOUR
BLEND THAT
WORKS LIKE
WHOLE WHEAT



These days, it's easy to find a prepared gluten-free flour blend to replace all-purpose flour. But a whole-wheat flour substitute? That's another story. Yes, whole-grain gluten-free flour blends are available, but they don't really taste like whole-wheat flour.

So, we put together a mix that comes close to the texture and taste of whole-wheat flour. We started with bold-flavored amaranth or teff flour. Then, we threw in flaxseed meal for fiber, plus enough starch and binder to make the blend really versatile. Use it to replace up to half of the all-purpose flour or flour blend in any baking recipe.

Whole-Grain Flour Blend

MAKES ABOUT 4 CUPS | 30 MINUTES OR LESS



Amaranth and teff flours have a robust nutty, malty flavor and dark color. Pick one to combine with flaxseed meal for extra fiber in a whole-grain, gluten-free baking blend that's similar in taste and texture to whole-wheat flour.

- 2 cups amaranth or teff flour
- 1 cup tapioca or potato starch
- $\frac{3}{4}$ cup ground flaxseed meal
- 1 tsp. xanthan gum

Combine all ingredients in medium bowl. Store in airtight container, and use in place of whole-wheat flour, or use to

BY Mary Margaret Chappell

replace up to half of the all-purpose flour or gluten-free flour blend in your favorite baking recipes.

PER $\frac{1}{4}$ CUP: 90 cal; 2 g prot; 2 g total fat (<1 g sat fat); 17 g carb; 0 mg chol; 4 mg sod; 2 g fiber; 0 g sugars  



Whole-Grain Fruit-and-Nut Muffins

MAKES 12 MUFFINS

These muffins have the look, taste, and texture of whole-wheat muffins without the gluten.

- $\frac{3}{4}$ cup gluten-free all-purpose baking mix
- $\frac{3}{4}$ cup Whole-Grain Flour Blend
- 2 tsp. baking powder
- $\frac{1}{2}$ tsp. baking soda
- $\frac{1}{2}$ tsp. salt
- 2 large eggs
- $\frac{3}{4}$ cup sugar
- $\frac{3}{4}$ cup low-fat buttermilk
- $\frac{1}{2}$ tsp. vanilla extract
- 4 Tbs. butter or margarine, melted
- $1\frac{1}{2}$ cups chopped fresh fruit (such as apples, pears, peaches, or mangoes), or $1\frac{1}{2}$ cups fresh or frozen berries
- $\frac{1}{2}$ cup chopped walnuts, pecans, or almonds

- 1** | Preheat oven to 350°F. Coat 12-cup muffin pan with cooking spray.
- 2** | Whisk together gluten-free baking mix, Whole Grain Flour Blend, baking powder, baking soda, and salt. Set aside.
- 3** | Whisk together eggs and sugar in large bowl until lightened in color. Whisk in buttermilk and vanilla. Stir in dry mixture, then butter. Fold in fresh fruit and nuts.
- 4** | Scoop batter into prepared muffin cups. Bake 15 to 20 minutes, or until toothpick inserted in muffins comes out clean. Cool 5 minutes in pan, then unmold, and cool completely.

PER MUFFIN 204 cal; 4 g prot; 8 g total fat (3 g sat fat); 30 g carb; 42 mg chol; 374 mg sod; 1 g fiber; 15 g sugars  

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Golden Saffron Pound Cake

SERVES 12


"I had long been intrigued by saffron, and when I finally got into the kitchen and started experimenting with it for myself, I really wanted to see how it might taste in a sweet application," explains Kaminsky. The result is a tender, richly hued loaf with a hint of exotic flavor.

- $\frac{3}{4}$ cup plain non-dairy milk
- 1 pinch saffron threads (0.25 g)
- $\frac{2}{3}$ cup sugar
- 6 oz. plain soy or coconut yogurt
- $\frac{1}{3}$ cup canola oil
- $\frac{1}{4}$ tsp. salt
- 3 cups all-purpose flour
- $\frac{1}{2}$ tsp. baking soda
- 1 tsp. baking powder
- 1 tsp. apple cider vinegar
- $\frac{1}{2}$ tsp. vanilla extract
- $\frac{1}{2}$ tsp. rose water
- $\frac{1}{2}$ cup golden raisins

1 Warm non-dairy milk 1 minute in microwave. Stir in saffron, cover, and let steep overnight.

2 Preheat oven to 350°F. Coat 9- x 5-inch loaf pan with cooking spray.

3 Transfer saffron mixture to large bowl, straining out saffron threads, if desired. Whisk in sugar, yogurt, oil, and salt. Sift in flour, baking soda, and baking powder, and stir until just combined. Stir in vinegar, vanilla, and rose water. Fold in raisins. Spread batter in prepared loaf pan, and bake 40 to 50 minutes, or until toothpick inserted in center comes out clean. Cool 10 minutes in pan before unmolding onto wire rack to cool completely.

PER SLICE 248 cal; 4 g prot; 7 g total fat (1 g sat fat); 42 g carb; 0 mg chol; 155 mg sod; 1 g fiber; 16 g sugars 

sugar & spice

VEGAN BAKER AND AUTHOR HANNAH KAMINSKY SHARES THREE SWEET RECIPES

A little cinnamon here, a hint of vanilla there ... come autumn, we all start craving a little spice in our sweet treats. But why stop there? "Trying out new flavor pairings or investigating new ingredients is what I find most exciting," says Hannah Kaminsky, author of *Vegan Desserts: Sumptuous Sweets for Every Season*. In the following recipes from her book, Kaminsky infuses pound cake with saffron, doctors up chocolate custard with chili powder and cayenne pepper, and glazes cookies in a pomegranate-cinnamon syrup for a new spin on fall flavors.

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NEAL BARNARD, M.D.



Chef & author of *Unprocessed: How to Achieve Vibrant Health and Your Ideal Weight*, inspiring public speaker & cooking instructor

CHEF AJ



Physician, author, & internationally-recognized speaker on nutrition; founded NutritionFacts.org; spoke at Congress, on *Dr. Oz*, & the *Colbert Report*

MICHAEL GREGER, M.D.



Author of cookbook *At Home in the Whole Food Kitchen*; her cuisine appears in *Martha Stewart Living*, *Vogue*, *the Guardian*, *Oprah* & *Vegetarian Times*

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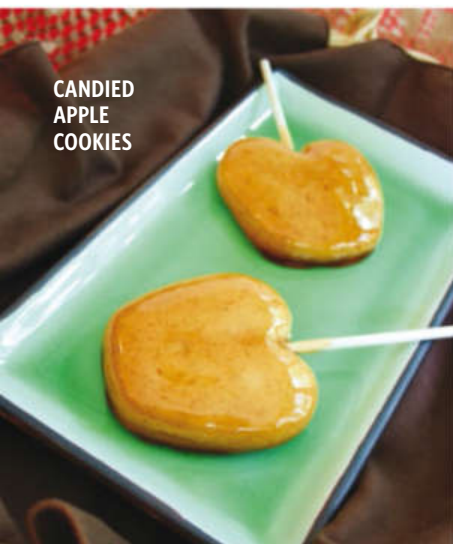
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CANDIED
APPLE
COOKIES

Candied Apple Cookies

MAKES 24 COOKIES

These tender cookies have all the sweet satisfaction of candy apples, without the stick-to-your-teeth texture. The secret when making the glaze is to keep a close eye on the thermometer so that the sugar reaches the hard-crack-stage temperature of 290° to 300°F.

COOKIES

- 1 cup sugar
- ¾ cup margarine
- ¼ cup unsweetened applesauce
- ¼ cup apple juice or apple cider
- ½ tsp. vanilla extract
- 3 cups all-purpose flour
- 1 tsp. baking powder
- ½ tsp. salt

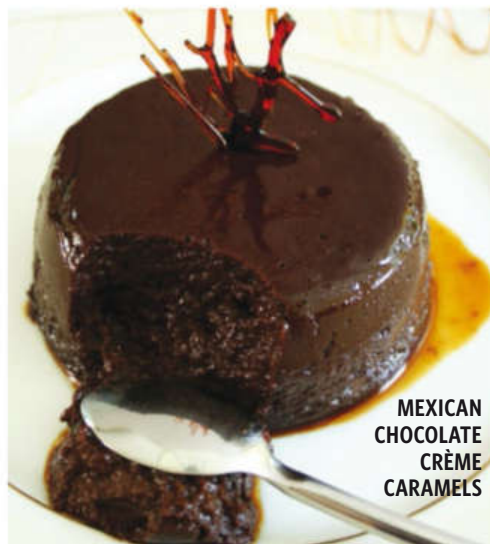
GLAZE

- 1½ cups sugar
- ½ cup pomegranate juice
- ¼ cup light corn syrup
- 1 tsp. ground cinnamon

1 | To make Cookies: Cream sugar and margarine in bowl with electric mixer until smooth. Beat in applesauce, apple juice, and vanilla extract.

2 | Sift in flour, baking powder, and salt in three additions, and beat until blended. Shape dough into disk, wrap in plastic wrap, and chill 1 hour, or overnight.

3 | Preheat oven to 400°F, and line two baking sheets with silicone baking mats or parchment paper.




MEXICAN
CHOCOLATE
CRÈME
CARAMELS

4 | Roll out dough to ¼-inch thickness on lightly floured work surface. Cut out apple shapes with cookie cutter. Transfer cookies to prepared baking sheets, and insert lollipop stick where stem would be. Bake 6 to 12 minutes (depending on cookie cutter size), or until cookies begin to brown on edges. Transfer to wire rack to cool.

5 | To make Glaze: Whisk together sugar, pomegranate juice, corn syrup, and cinnamon in medium saucepan, and bring to a boil over medium heat. Simmer 4 to 5 minutes, or until syrup reaches 290°–300°F on candy thermometer.

6 | Dip both sides of Cookies in hot Glaze, making sure Cookies are completely covered. Place on clean sheet of parchment paper or silicone baking mat to cool. Let harden completely before removing.

PER COOKIE 205 cal; 2 g prot; 6 g total fat (1 g sat fat); 37 g carb; 0 mg chol; 128 mg sod; <1 g fiber; 25 g sugars 

Mexican Chocolate Crème Caramels

SERVES 6

Cayenne pepper and chili powder spice up creamy custards that hit the spot when the weather turns chilly. You can omit the light corn syrup, but it helps keep the sugar from crystallizing before it turns to caramel.

CARAMEL

- 1 cup sugar
- 1 tsp. light corn syrup

CRÈME

- 6 oz. finely chopped bittersweet chocolate
- 1 12-oz. pkg. extra firm silken tofu, drained
- ½ cup sugar
- 1 tsp. ground cinnamon
- ½ tsp. vanilla extract
- ¼ tsp. cayenne pepper
- ¼ tsp. chili powder
- ¼ tsp. salt
- 1 pinch cracked black pepper




1 | Preheat oven to 325°F, and lightly grease six 4-oz. ramekins.

2 | To make Caramel: Stir together sugar, corn syrup, and 3 Tbs. water in medium saucepan; bring to a boil over medium-high heat. Boil 7 to 8 minutes, or until syrup turns deep golden brown. Quickly remove from heat; divide hot caramel equally among prepared ramekins. Tilt and turn each ramekin so caramel completely covers bottom. Cool at least 2 minutes.

3 | To make Crème: Melt chocolate in microwave or double boiler until smooth. Set aside.

4 | Purée tofu in blender or food processor until smooth. Add remaining ingredients, and blend until smooth. Add chocolate, and blend until combined. Pour chocolate mixture into ramekins, then place ramekins in large baking pan. Place baking pan with ramekins in oven, then carefully pour boiling water into pan to reach halfway up sides of ramekins, taking care not to splash water into custards. Bake 45 to 50 minutes, or until tops are mostly set but custards still jiggle a bit when tapped.

5 | Use tongs to remove ramekins from water bath; let stand at room temperature 5 minutes before inverting onto plate.

PER CRÈME CARAMEL 374 cal; 7 g prot; 13 g total fat (7 g sat fat); 66 g carb; 0 mg chol; 137 mg sod; 3 g fiber; 60 g sugars   

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Peanutty Perfection Smoothie

- 1 cup chocolate almond milk
- 1 fresh or frozen banana
- 2 tbsp. all-natural peanut butter
- 1 tbsp. cacao powder
- 1 scoop Purely Inspired® Chocolate 100% Plant-Based Protein Nutritional Shake

Combine ingredients in a blender and blend until smooth.



Very Berry Blast Muffins

- 1 1/2 cups flour
- 1/2 tsp. salt
- 2 tsp. baking powder
- 3/4 cup almond milk
- 1 cup fresh or frozen blueberries
- 1 scoop Purely Inspired® Very Berry 100% Plant-Based Protein Nutritional Shake

First combine wet ingredients, then mix in dry. Bake at 400°F for 30 minutes.

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cider tasting


INVITE FRIENDS
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LATEST CRAZE IN
CRAFT BEVERAGES

Hard cider is having its heyday, with cideries popping up across the country where apples grow. So why not throw a party that showcases the sweet, sparkling libation and celebrate the start of autumn?

We've put together a menu of light bites that hearken back to hard cider's heritage in Europe and North America. Add a cocktail list (for guests who want to go beyond a basic glass), and you're ready for a festive fall evening among friends.

MUSTARDY
MUSHROOMS
WITH PIQUILLO
PEPPERS, p. 50

SALT AND VINEGAR
ROASTED POTATOES, p. 50



BY MARY MARGARET CHAPPELL

PHOTOGRAPHY
Victoria Wall Harris

FOOD STYLING
Vivian Lui

PROP STYLING
Alicia Buszczak

MINI CHEDDAR
POPOVERS, p. 50

WHITE BEAN-ARTICHOKE
HUMMUS WITH ROASTED
GARLIC, p. 52

*YOUR CIDER BAR

Offer a selection of four or five different hard ciders that includes both local brands and international varieties from France, Ireland, England, and Spain (Basque cider is a highly sought-after variety among connoisseurs). If you can find pear cider or “perry,” add it to the mix. Set out pint glasses, 8-oz. drinking glasses, wine glasses, and champagne flutes for tasters to try—the size and shape of each glass will create a different effect on the carbonation. Keep ciders well chilled, and offer ice to those who want it.



Mini Cheddar Popovers

MAKES 24 MINI POPOVERS

Popovers are the American version of British Yorkshire puddings. Melted Cheddar and a hint of spice make these old-fashioned puffs irresistible, hot or cold.

For maximum rise, preheat the oven for 30 minutes to be sure it reaches 500°F, allow eggs to reach room temperature, and make sure milk is warm before mixing the batter.

- 3 large eggs, at room temperature**
- 1¼ cups low-fat or whole milk, warmed until lukewarm**
- 1¼ cups all-purpose flour**
- ½ tsp. salt**
- ¼ tsp. freshly ground black pepper**
- ¼ tsp. cayenne pepper**
- ¾ cup grated extra-sharp Cheddar cheese**
- ¼ cup finely chopped fresh chives**
- Paprika or smoked paprika for dusting, optional**

- 1** | Set oven rack in bottom third of oven, and preheat oven to 500°F. Coat 24-cup mini muffin pan well with cooking spray.
- 2** | Whisk eggs in medium bowl 1 minute with hand whisk, or until light yellow and frothy. Whisk in milk until combined. Stir in flour, salt, pepper, and cayenne pepper, then stir in cheese and chives.
- 3** | Spoon batter into prepared muffin cups, filling almost to rim. Place on bottom rack in oven, reduce oven heat to 450°F, and bake 15 minutes. Reduce oven heat once more to 350°F, and bake 5 to

10 minutes more, or until popovers are deep golden brown.

- 4** | Immediately unmold popovers to prevent sticking. Dust with paprika (if using). Serve hot or at room temperature.

PER POPOVER 50 cal; 3 g prot; 2 g total fat (<1 g sat fat); 6 g carb; 27 mg chol; 83 mg sod; 0 g fiber; 1 g sugars



Mustardy Mushrooms with Piquillo Peppers

SERVES 8

Tapas-style mushrooms are cooked in hard cider, jazzed up with Dijon mustard, and paired with briny piquillo peppers for an hors d'oeuvre you can serve with toothpicks or on small plates.

- 3 Tbs. olive oil**
- 1½ lb. white or cremini mushrooms, halved (quartered if large)**
- 4 cloves garlic, minced (4 tsp.)**
- ½ cup hard cider**
- 2 Tbs. Dijon mustard**
- 1 12-oz. jar whole piquillo peppers or roasted red pepper strips, rinsed, drained, and patted dry**

Heat oil in large skillet over medium heat. Add mushrooms, and cook 7 to 10 minutes, or until mushrooms release their juices. Stir in garlic, and cook 5 to 10 minutes more, or until most of liquid has evaporated. Stir in cider and mustard, and cook 5 to 10 minutes more, or until mustard sauce has thickened, and mushrooms are tender. Cool to room temperature, and stir in piquillo peppers.

PER ¼-CUP SERVING 85 cal; 3 g prot; 5 g total fat (<1 g sat fat); 6 g carb; 0 mg chol; 129 mg sod; 1 g fiber; 3 g sugars  





Salt-and-Vinegar Roasted Potatoes

SERVES 8

There's one snack you're sure to find in pubs all over the British Isles: small bags of salt-and-vinegar crisps (potato chips). Here, we revisit the pint-and-crisp tradition with roasted potatoes that have been cooked in water and vinegar to give them a similar addictive salty-sourness. Serve with mustard, artisanal ketchup, or a favorite dipping sauce.

- 2 lb. small fingerling, multicolored or baby potatoes, halved**
- 1 cup cider vinegar**
- 4 tsp. salt**
- 2 cloves garlic, crushed, optional**
- ¼ cup vegetable oil**

- 1** | Place potatoes, vinegar, salt, garlic (if using), and 6 cups water in large saucepan, and bring to a boil. Reduce heat to medium, and boil potatoes 15 to 20 minutes, or until tender when pierced with fork. Drain, and cool.
- 2** | Preheat oven to 450°F, and coat large baking sheet with cooking spray.
- 3** | Toss potatoes with oil in large bowl, and spread on prepared baking sheet. Roast 15 to 20 minutes, or until crisp and golden brown. Season with salt and pepper, if desired.

PER ¼-CUP SERVING 150 cal; 2 g prot; 7 g total fat (<1 g sat fat); 20 g carb; 0 mg chol; 80 mg sod; 3 g fiber; 1 g sugars  

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White Bean–Artichoke Hummus with Roasted Garlic



MAKES 3 CUPS

This mellow spread gets a hit of bright color and citrusy flavor from ground sumac. The Middle Eastern spice may seem strange paired with hard cider, but in fact, sumac grows wild all over the temperate areas of North America, and the bright red berries ripen at the same time as the apple harvest. Serve with raw veggies, pita crisps, or crackers.

- 1 large head garlic
- 2 Tbs. plus $\frac{1}{4}$ tsp. olive oil, divided, plus more for drizzling, optional
- 4 cups baby spinach
- 1 15-oz. can cannellini beans, rinsed and drained
- 1 12-oz. jar marinated artichoke hearts, drained, liquid reserved
- 3 Tbs. lemon juice
- 1 14-oz. can artichoke hearts, rinsed and drained
- 1 tsp. ground sumac, for garnish

- 1** | Preheat oven or toaster oven to 350°F. Slice top off garlic, place on square of foil, and drizzle with $\frac{1}{4}$ tsp. oil. Wrap foil around garlic, and roast in oven 30 minutes, or until soft. Cool.
- 2** | Wilt spinach in large skillet over medium heat until most of liquid has evaporated. Cool, and squeeze out excess liquid with hands. Set aside.

- 3** | Place cannellini beans in bowl of food processor. Add 2 Tbs. reserved marinated artichoke heart liquid, lemon juice, and remaining 2 Tbs. oil. Purée until very smooth. Add artichoke hearts and spinach, and pulse until chopped, but still chunky. Garnish with ground sumac, and drizzle with oil (if using).

PER 1-TBS SERVING: 34 cal; 1 g prot; 2 g total fat (<1 g sat fat); 2 g carb; 0 mg chol; 54 mg sod; 1 g fiber; 0 g sugars  

Buckwheat, Apple, and Brandy Cake

SERVES 12

This cake is an homage to Brittany, one of the French regions, along with Normandy, known for cider. Savory buckwheat crêpes, a long-standing tradition in Brittany, are always served with hard cider.

- $\frac{3}{4}$ cup all-purpose flour
- $\frac{3}{4}$ cup buckwheat flour
- $\frac{1}{2}$ tsp. baking powder
- $\frac{1}{4}$ tsp. baking soda
- $\frac{1}{4}$ tsp. salt
- 4 oz. (1 stick) salted butter, softened
- $1\frac{1}{4}$ cups sugar
- 2 large eggs
- $\frac{1}{2}$ cup low-fat sour cream, at room temperature
- $\frac{1}{3}$ cup apple brandy, optional
- 1 tsp. vanilla extract
- 3 apples, peeled, halved, and cut into 16 slices each
- $\frac{1}{4}$ cup apple jelly



CIDER COCKTAILS


*** KIR BRETON** Pour 5 oz. hard cider over 1 oz. crème de cassis (black currant liqueur) or crème de mûres (blackberry liqueur) in a champagne glass.

*** SNAKEBITE** Pour 8 oz. lager and 8 oz. hard cider into a pint glass.

*** POOR MAN'S BLACK VELVET** Pour 8 oz. stout and 8 oz. hard cider into a pint glass.

*** CIDER SHANDY** Pour 8 oz. cider and 8 oz. sparkling lemonade into a pint glass.

*** CIDER AND BOURBON** Shake together 1 oz. bourbon and 5 oz. hard cider.

- 1** | Preheat oven to 325°F. Coat 9-inch square baking pan with cooking spray.
 - 2** | Whisk together flours, baking powder, baking soda, and salt in large bowl. Set aside.
 - 3** | Cream butter and sugar in bowl with electric mixer until light and fluffy. Beat in eggs one at a time until mixture is smooth. Beat in sour cream, brandy (if using), and vanilla extract. Add flour mixture, and increase mixer speed to medium-high. Beat 3 minutes, or until batter is light and creamy.
 - 4** | Spread batter in prepared pan, and top with apple slices. Bake 45 minutes to 1 hour, or until toothpick inserted in center comes out clean. Cool 20 minutes on wire rack.
 - 5** | Unmold cake, invert onto wire rack so apples are on top once more, and cool completely.
 - 6** | Melt apple jelly in microwave until liquid. Brush cake with apple jelly to glaze.
- PER SLICE** 259 cal; 3 g prot; 10 g total fat (5 g sat fat); 41 g carb; 53 mg chol; 186 mg sod; 2 g fiber; 30 g sugars 

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DISCOVER THE PLANT-BASED BOUNTY OF NEW NORDIC CUISINE

TRUE N RTH



CELERY ROOT AND HERB
CREAM WITH GOAT
CHEESE APPETIZER, p. 60



BY MARY LIEBOWITZ ★ PHOTOGRAPHY: CHRIS COURT ★ STYLING: JUSTINE POOLE

HENNE GARDEN
SALAD, p. 60

When 12 Nordic chefs signed the New Nordic Kitchen Manifesto in 2004, their goal was simple: reclaim the culinary identity of the Nordic region by promoting local, seasonal ingredients, sustainable production practices, and old and new Nordic cooking traditions, while also emphasizing health and well-being. (You can check out the manifesto at newnordicfood.org.)

A decade later, the popularity of New Nordic Cuisine proves the success of those chefs. Cooks around the world continue to discover the possibilities offered by culinary traditions from lands with vibrant summers and cold, dramatic winters, where cooks have relied on kitchen gardens and root cellars for centuries.

At first glance, Nordic cuisine's emphasis on seafood, meat, and game may not seem all that veg-friendly. But the increase in vegetarian awareness in recent years and the growing diversity of fresh produce available in colder climates has opened up plant-based options for New Nordic cooks.

VT asked six chefs, bloggers, and growers from the region to share a taste of their vegetarian vision of New Nordic Cuisine. Check out what they had to say, and give their recipes a try right in your American kitchen.



DENMARK

JULIE KARLA, BLOGGER

Former model Julie Karla shares her love of Nordic cooking with English speakers at Karla's Nordic Kitchen (karlasnordickitchen.com). The Danish blogger's dishes are predominately vegetarian and embrace the tenets of New Nordic Cuisine. "I love making recipes with ancient Nordic whole grains, like spelt, rye, and barley," she says.

PEARL BARLEY RISOTTO WITH RED KURI SQUASH, FETA, AND FRESH THYME

SERVES 4

When the components for this dish are mixed together, the results are creamy and risotto-like.

- ¾ cup pearl barley**
- 2 cups cubed red kuri squash**
- 1 Tbs. butter**
- 1 small onion, chopped (1 cup)**
- 1 clove garlic, minced**
- ¾ cup heavy cream**
- 2 Tbs. finely chopped fresh thyme, plus more for garnish**
- 1 pinch ground nutmeg**
- ½ tsp. apple cider vinegar**
- 3 oz. feta cheese, crumbled**

- 1** Cook barley according to package directions. Drain, and set aside.
- 2** Cook squash pieces in pot of boiling salted water 15 minutes, or until tender. Drain, and reserve ¾ cup cooking water.
- 3** Heat butter in skillet over medium heat. Add onion and garlic, and sauté 7 minutes, or until soft and translucent.
- 4** Purée squash in food processor with cream, reserved cooking water, thyme, and nutmeg.
- 5** Return squash purée to saucepan, and stir in barley, onion mixture, and apple cider vinegar. Serve sprinkled with feta and garnished with thyme leaves.

PER ¼-CUP SERVING 294 cal; 9 g prot; 11 g total fat (7 g sat fat); 43 g carb; 34 mg chol; 341 mg sod; 8 g fiber; 4 g sugars

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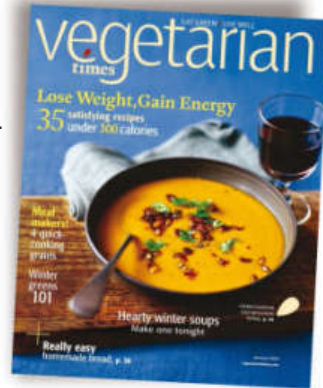
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NORDIC VEG

According to the Norwegian Vegetarian Association, the number of vegetarians in Norway has doubled in the past 20 years, supported by food blogs and online resources. Native produce includes many root vegetables, as well as kale and cabbage, savory mushrooms, and whole grains such as barley, oats, and rye.

➤ WANT TO SEE HOW THE BUTTER VIKING MAKES HIS PEARL BUTTER?
CHECK OUT THE VIDEO AT VEGETARIANTIMES.COM/PEARL-BUTTER



THE BUTTER VIKING'S
PEARL BUTTER, p. 60



FAVA BEAN PANCAKES, p. 61

★ **NORDIC COMBO** One New Nordic Kitchen Manifesto goal is “to combine the best in Nordic cookery and culinary traditions with impulses from abroad.” Californian Mina Kim is doing just that in Copenhagen with her kimchi workshops, which take place in the basement of a vegan soup kitchen. Participants bring their own containers and spend a cozy evening assembling kimchi. Afterward, they share a vegetarian dinner that Kim has prepared. Everyone chips in on the cost of the food, and helps to clean up at the end of the night. “I try to use Danish ingredients, like napa cabbage, spring onions, and carrots,” Kim explains. “I haven’t seen dried red pepper grown in Denmark yet, but maybe some day!”



DENMARK

PAUL CUNNINGHAM, EXECUTIVE CHEF,
HENNE KIRKEBY KRO

On Denmark's rugged west coast, Michelin-starred chef Paul Cunningham's kitchen garden at Henne Kirkeby Kro covers an acre of land. His approach to New Nordic Cuisine uses the produce from his garden or the forest across the road in its simplest form, with a focus on flavor and sustainability.

HENNE GARDEN SALAD

SERVES 4

Showing that smoking isn't just for meat and fish, Paul Cunningham's signature salad pairs seasonal vegetables with smoky onions. Feel free to use your own local, seasonal vegetables.

SMOKED ONIONS

- 1 stick (4 oz.) salted butter
- 3 large onions, halved and thinly sliced (7 cups)
- 1 clove garlic, thinly sliced
- Wood chips, for smoking
- $\frac{1}{4}$ tsp. sherry vinegar
- $\frac{1}{4}$ tsp. sugar

DRESSING

- $\frac{1}{4}$ cup apple cider vinegar
- $1\frac{1}{2}$ tsp. crème fraîche
- $\frac{1}{4}$ tsp. Dijon mustard
- $\frac{1}{2}$ cup olive oil
- $\frac{1}{4}$ cup hazelnut oil

SALAD

- 2 cups mixed salad greens
- 1 cup baby arugula
- 6 cherry tomatoes, halved
- 4 radishes, halved
- 1 apple or pear, thinly sliced
- $\frac{1}{4}$ cup toasted hazelnuts, crushed

1 | To make Smoked Onions: Melt butter in large skillet over medium heat. Add onions and garlic, reduce heat to medium-low, and cook 45 minutes, or until onions are dark brown and almost falling apart. Transfer to heat-proof bowl.

2 | Line wok with heavy-duty foil, spread wood chips on foil, and place wire rack over top. Cover wok with lid or piece of foil, and heat over medium-low heat until

wood chips begin to smoke. Place bowl of onions on rack, and tightly cover wok. Smoke onions 5 to 7 minutes. Remove wok from heat, and let onions cool inside wok. Stir in vinegar and sugar, and season with salt, if desired.

3 | To make Dressing: Whisk together vinegar, crème fraîche, and mustard in bowl. Whisk in olive and hazelnut oils, and season with salt and pepper, if desired.

4 | To make Salad: Toss greens and arugula with 2 Tbs. Dressing in bowl.

5 | Spread 2 Tbs. Smoked Onions in center of each plate. Top with greens, tomatoes, radishes, apple, and hazelnuts. Drizzle with more Dressing, if desired.

PER SERVING 403 cal; 4 g prot; 32 g total fat (15 g sat fat); 28 g carb; 61 mg chol; 196 mg sod; 6 g fiber; 15 g sugars



SWEDEN

PATRIK JOHANSSON, BUTTER VIKING
Taught to churn butter by his grandmother,

Patrik Johansson developed a fascination for butter making. As the "Butter Viking," he runs a dairy (recently relocated to an old glassworks studio in Kosta, Sweden) and supplies butter to world-renowned chefs.

THE BUTTER VIKING'S PEARL BUTTER

MAKES 2½ CUPS

What do you spread on artisanal Nordic bread? A creamy concoction by the Butter Viking, of course! This recipe takes time to make, but is well worth the effort—and it's fun to watch the melted butter "pearl" when it's added in droplets to crème fraîche or sour cream.

- 8 Tbs. European-style butter
- $\frac{1}{4}$ tsp. sea salt
- 2 cups crème fraîche or sour cream

1 | Melt butter in saucepan over medium low heat. Set aside.

2 | Stir salt into crème fraîche in bowl.

3 | With knife tip or straw, drop melted butter in small, separate dots onto surface of crème fraîche. Slowly fold solidified

butter pearls into crème fraîche. Repeat until crème fraîche is filled and topped with butter pearls.

PER 1-TBS SERVING: 64 cal; 0 g prot; 7 g total fat (4 g sat fat); 0 g carb; 22 mg chol; 16 mg sod; 0 g fiber; 0 g sugars



ICELAND

GUNNAR KARL GÍSLASON,
CHEF-OWNER, DILL RESTAURANT

Just before Gunnar Karl Gíslason opened his Reykjavik restaurant, Dill, the financial crisis hit Iceland. Consequently, the country faced rapidly escalating prices for imported produce. "People had to simply open their eyes and make use of the things around them," Gíslason says. Making the best of a tough situation, he decided to commit to a Nordic menu using native produce.

CELERY ROOT AND HERB CREAM WITH GOAT CHEESE APPETIZER

SERVES 4

This recipe from Gunnar Karl Gíslason's *North* cookbook shows how to adjust New Nordic recipes for a plant-based diet (hint: omit the fish).

CELERY ROOT

- 1 large celery root, peeled

HERB CREAM

- 1 large egg
- 2 shallots, coarsely chopped
- 6 sprigs fresh dill
- 6 sprigs flat-leaf parsley
- 1 clove garlic, peeled
- 1 cup canola oil
- 2 tsp. apple cider vinegar

GOAT CHEESE FOAM

- $\frac{1}{2}$ cup whole milk
- 3 Tbs. fresh goat cheese
- $1\frac{1}{2}$ tsp. lemon juice
- $\frac{1}{8}$ tsp. soy lecithin granules

GARNISH

- $\frac{1}{2}$ cup crumbled rye crackers, such as Wasa
- $\frac{1}{3}$ cup fresh goat cheese, crumbled
- $\frac{1}{2}$ cup watercress



FINLAND

ELINA INNANEN, VEGAN BLOGGER
AND COOKBOOK AUTHOR

Finnish people look at the foods from their childhood with a new appreciation since the New Nordic Cuisine movement began. “Berries, root vegetables, and mushrooms are back at the table. Instead of white wheat, we’re using oats, millet, rye, and barley,” says Elina Innanen, who loves to cook with local plant-based proteins, such as fava beans.

FAVA BEAN PANCAKES

SERVES 4

Serve these small gems for breakfast or brunch or as a light, healthful dessert.




COMPOTE

- 3 cups fresh or thawed frozen blueberries, divided
- 3 Tbs. sugar
- 1 piece lemon peel

PANCAKES

- $\frac{3}{4}$ cups fava bean flour
- 1 Tbs. almond flour
- $\frac{1}{2}$ tsp. cinnamon
- $\frac{1}{4}$ tsp. baking powder
- 1 cup oat milk
- 1 tsp. vanilla extract
- 2 Tbs. canola oil

- 1** To make Compote: Combine $1\frac{1}{2}$ cups blueberries, sugar, lemon peel, and $\frac{3}{4}$ cup water in small saucepan, and bring to a boil. Simmer 7 to 10 minutes, or until berries burst and mixture has thickened. Add remaining $1\frac{1}{2}$ cups berries, cover, and remove from heat. Let stand 10 minutes.
- 2** To make Pancakes: Whisk together both flours, cinnamon, and baking powder in large bowl. Stir in oat milk and vanilla extract. Let batter rest 10 minutes.
- 3** Brush large non-stick skillet with oil, and heat over medium heat. Spoon 2 Tbs. batter for each pancake. Cook 2 to 3 minutes per side, or until golden. Top Pancakes with Compote.

PER SERVING (3 PANCAKES AND $\frac{1}{4}$ CUP COMPOTE)
282 cal; 8 g prot; 9 g total fat (1 g sat fat); 45 g carb; 0 mg chol; 66 mg sod; 9 g fiber; 26 g sugars   

Persson, mentioned buying produce from suppliers hundreds of miles away, Gylleneiden was inspired to start a business. Today he supplies the top Nordic restaurants with locally picked Swedish herbs, mushrooms, berries, and edible flowers. He also leads walking excursions to share his love of nature and teach safe foraging.

SWEDISH MUSHROOM SOUP

SERVES 6

Tony Gylleneiden’s simple mushroom soup is delicious all on its own, but the VT test kitchen added an optional roasted mushroom garnish for a crunchy textural element. The soup’s flavor intensity will depend on the mushrooms you use.



SOUP

- 2 Tbs. olive oil
 - 2 leeks, chopped ($1\frac{1}{2}$ cups)
 - 3 cloves garlic, minced (1 Tbs.)
 - $1\frac{1}{2}$ lb. wild mushrooms, chopped (8 cups)
 - 1 qt. low-sodium vegetable broth
 - 3 sprigs fresh thyme
 - $\frac{1}{4}$ cup chopped cilantro
- CRISPY MUSHROOMS (OPTIONAL)**
- $\frac{1}{2}$ lb. wild mushrooms, halved or sliced if thick
 - 1 Tbs. olive oil

1 To make Soup: Heat oil in large saucepan over medium heat. Add leeks and garlic, and sauté 5 to 7 minutes, or until leeks are soft. Add mushrooms, and cook 5 minutes, or until most of liquid has evaporated. Add broth, thyme, and cilantro, and bring to a boil. Reduce heat to medium-low, and simmer 15 minutes.

2 Purée soup in batches until smooth. Season with salt and pepper, if desired.

3 To make Crispy Mushrooms: Preheat oven to 450°F. Toss mushrooms with oil in medium bowl. Spread in single layer on baking sheet, and bake 10 to 15 minutes, or until browned and crisp. Cool. Garnish Soup with Crispy Mushrooms, if using.

PER 1-CUP SERVING 134 cal; 4 g prot; 7 g total fat (1 g sat fat); 15 g carb; 0 mg chol; 114 mg sod; 5 g fiber; 5 g sugars  

1 To make Celery Root: Cut 4 $\frac{1}{8}$ -inch-thick slices from celery root. Using 2-inch round cutter, punch out 8 disks from slices, and set aside. Chop remaining celery root (including leftover bits from slices) into $\frac{1}{4}$ -inch pieces (you should have 2 cups).

2 Bring large saucepan of salted water to a boil. Blanch celery root disks 10 to 20 seconds, remove with slotted spoon, and pat dry with paper towels. Cover, and chill.

3 To make Herb Cream: Bring large saucepan of water to a boil. Lower egg into water with slotted spoon, and cook $3\frac{1}{2}$ minutes. Transfer cooked egg to bowl filled with ice water; cool until chilled. Remove egg from water, crack shell, and peel. Transfer cooked egg to blender, and add shallots, dill, parsley, and garlic. Process on high speed 3 minutes, or until smooth. Add oil in slow, steady stream, and process 1 minute more, or until sauce is thick. Fold Herb Cream into chopped celery root, and season with vinegar and salt, if desired. Chill.

4 To make Goat Cheese Foam: Warm milk and cheese in saucepan over medium heat until cheese melts. Whisk in lemon juice and soy lecithin; season with salt, if desired. Cool. Blend with immersion blender until foamy.

5 To prepare Garnish: Toss crackers and goat cheese together in bowl.

6 Place 2-inch round cutter on plate, and place 1 celery root disk inside cutter. Top with 1 inch chopped celery root, then Herb Cream; top with second celery root disk. Carefully lift cutter, and top stack with goat cheese-cracker mixture. Top with watercress, and spoon 1 Tbs. Goat Cheese Foam over top. Repeat with remaining ingredients.

PER SERVING 412 cal; 8 g prot; 32 g total fat (6 g sat fat); 26 g carb; 39 mg chol; 383 mg sod; 5 g fiber; 4 g sugars



SWEDEN

TONY GYLLENEIDEN, FORAGER

Swedish ethnobotanist Tony Gylleneiden learned to forage for regional herbs and plants as a child in his home region of Skåne.

When his brother-in-law, chef Mattias

THE HIT LIST

2015 FOODIE AWARDS

Time to stock up on packaged- food favorites

NO NEED TO WANDER up and down supermarket aisles trying to determine which foods are the best choices for vegetarians or vegans—we did the work for you. VT staffers created a list of our favorite packaged goods based on flavor, texture, and ease of use. Then we asked you, our readers, to vote for your favorites in five supermarket-specific categories.

See what came out on top. And keep these 100 delicious products in mind the next time you're making your grocery list.

THE REFRIGERATOR CASE

HUMMUS

READERS' PICK

Cedar's Organic
Roasted Red Pepper
Hummus



Smooth and creamy, this hummus tastes great as a dip for raw veggies or slathered on toast for breakfast.

RUNNERS-UP

- Hope Organic Kale Pesto Hummus
- Tribe Harvest Carrot & Ginger Hummus
- Lilly's Sriracha Hummus

VEGGIE BACON

READERS' PICK

Sweet Earth Foods
Hickory & Sage
Smoked Seitan Bacon



The intense, smoky flavor—along with the fact that it looks like real bacon when you cook it—makes this seitan a winner.

RUNNERS-UP

- Tofurky Smoky Maple Bacon Tempeh
- Lightlife Fakin' Bacon Organic Smoky Tempeh Strips
- Upton's Naturals Bacon Seitan

ORANGE JUICES

READERS' PICK

Evolution Fresh
Cold-Pressed Orange Juice

All the fresh-squeezed OJ flavor with not-too-much and not-too-little pulp.

RUNNERS-UP

- Natalie's 100% Florida Orange Juice
- Uncle Matt's Organic Orange Juice
- Califia Farms California Orange Juice



GREEK YOGURT

READERS' PICK

Stonyfield Organic
Plain Greek non-fat
yogurt



The nice, thick texture and pleasant, tangy flavor make this a go-to yogurt.

RUNNERS-UP

- Maple Hill Creamery Organic Plain Greek Yogurt
- Nancy's Organic Probiotic Plain Greek Whole Milk Yogurt
- Wallaby Organic Greek Plain Lowfat Yogurt



EVOLUTION FRESH
COLD-PRESSED
ORANGE JUICE



STONYFIELD
ORGANIC PLAIN
GREEK NON-FAT
YOGURT



SO DELICIOUS
DAIRY FREE COCONUT
MILK MINIS ORGANIC
FUDGE BARS



THE REFRIGERATOR CASE (CONTINUED)

"CHEESE" SLICES

READERS' PICK

Daiya Cheddar Style Slices



This "cheese" melts really well, making it ideal for grilled cheese sandwiches.

RUNNERS-UP

- Go Veggie! Dairy Free Pepper Jack Flavor Rice Vegan Slices
- Follow Your Heart Provolone Style Slices
- Field Roast Vegan Chao Creamy Original Slices

THE FREEZER CASE

BREAKFAST BURRITOS

READERS' PICK

Amy's Organic Tofu, Vegetables & Cheese Breakfast Scramble Wrap



The filling in this handheld breakfast has a yummy smoky flavor.

RUNNERS-UP

- Sweet Earth Foods Vegan Big Sur Breakfast Burrito
- Evol Egg & Green Chile Burrito
- Luvo Organic Vegetarian Breakfast Burrito

LATEST & GREATEST BURGERS

READERS' PICK

Gardein Chipotle Black Bean Burger



A perfect burger. It's just a little bit spicy with a nice texture—and doesn't it fall apart.

RUNNERS-UP

- MorningStar Farms Spicy Indian Veggie burger
- Hilary's Eat Well Black Rice Burger
- Dr. Praeger's Super Greens Veggie Burgers

HOLIDAY ROASTS

READERS' PICK

Gardein Holiday Roast



Yum! A meaty outside and a tasty stuffing inside make this the perfect centerpiece for your Thanksgiving meal.

RUNNERS-UP

- Field Roast Celebration Roast
- Tofurky Vegetarian Feast
- Quorn Turk'y Roast

PARTY BITES

READERS' PICK

Hilary's Eat Well Original Veggie Bites



These irresistible little appetizers made with millet taste great on their own or with a simple dip.

RUNNERS-UP

- Tandoor Chef Palak Paneer Samosa
- Nate's Zesty Italian Meatless Meatballs
- Saffron Road Turkish Figs & Goat Cheese

FUDGE BARS

READERS' PICK

So Delicious

Dairy Free Coconut

Milk Minis Organic Fudge Bars

This rich, decadent dessert (as thick as its dairy counterpart) has a pleasant coconut flavor.



RUNNERS-UP

- Luna & Larry's Organic Coconut Bliss Dark Chocolate Bars
- Julie's Organic Ice Cream Fudge Bars
- Ruby Rocket's Far Out Fudge Veggie & Fruit Pops

THE SNACK AISLE

TORTILLA CHIPS

READERS' PICK

Food Should Taste Good

Sweet Potato Tortilla Chips

Flavor-filled without being too salty, these sweet chips are just the right size for dipping.



RUNNERS-UP

- Way Better Snacks Simply Beyond Sprouted Black Bean Corn Tortilla Chips
- Garden of Eatin' Kale Chips Corn Tortilla Chips
- The Better Chip Beets and Sea Salt Beet Corn Chips

FIG BARS

READERS' PICK

Newman's Own

Wheat-Free Dairy-Free

Fig Newmans



Perfect as a comfort-food snack or dessert, these fig bars are made with organic barley flour and figs.

RUNNERS-UP

- Barbara's Raspberry Fig Bars
- Nature's Bakery Stone Ground Whole Wheat Peach Apricot Fig Bar
- Pamela's Gluten-Free Blueberry & Fig Figgies & Jammies

SNACK CRACKERS

READERS' PICK

Mary's Gone Crackers

Super Seed Crackers

Super-crispy and crunchy, these gluten-free, organic crackers are made with brown rice, quinoa, flax, and other seeds.



RUNNERS-UP

- Earth Balance Vegan Cheddar Flavor Squares
- Kashi Fire Roasted Veggie Snack Crackers
- Sesmark Ancient Grains Sea Salt Rice Snack Crackers

CHOCOLATE SPREADS

READERS' PICK

Justin's Chocolate Hazelnut Butter Blend

Kids will love this rich, super-tasty blend; but it's not too sweet, so grown-ups will enjoy it too.



RUNNERS-UP

- Endangered Species Natural Almond Spread with Cocoa
- MaraNatha Dark Chocolate Almond Spread
- Artisana Organics Raw Coconut Cacao Bliss spread

NUTS & SEEDS

READERS' PICK

Eden Organic Spicy

Pumpkin Dry Roasted Seeds

A perfect snack! The tamari-cayenne seasoning on these seeds gives them a nice kick.



RUNNERS-UP

- Now Foods Tamari Almonds
- Navitas Naturals Maca Maple Superfood+ Cashews
- Hail Merry Salt n Black Pepper Sunflower Seeds

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TORTILLAS

READERS' PICK

La Tortilla Factory
Hand Made Style
Flour Tortillas



These soft, extra-thick tortillas are easy to handle and eat with favorite foods.

RUNNERS-UP

- Rudi's Organic Bakery 7-Grain with Flax Wraps
- Food for Life Gluten-Free Black Rice Tortillas
- Mi Rancho Ancient Grain Organic Flax & Quinoa Tortillas

NUT MILKS

READERS' PICK

Blue Diamond
Almond Breeze Hint of
Honey Vanilla Almondmilk



At last—an almond milk that strikes a happy medium between unsweetened and sweetened varieties.

RUNNERS-UP

- So Delicious Dairy Free Cashew Milk Beverage
- Califia Farms Unsweetened Pure Almondmilk
- Pacific Hazelnut Original Non-Dairy Beverage

SPROUTED BREADS

READERS' PICK

Food for Life
7 Sprouted Grains Bread
Great for sandwiches, this no-flour bread is packed with good nutrition and has a nice, earthy texture.



RUNNERS-UP

- Dave's Killer Bread Organic Sprouted Whole Grains
- Alvarado St. Bakery California Style Complete Protein Bread
- Silver Hills Sprouted Bakery Squirrely Bread

GRANOLA

READERS' PICK

KIND Healthy Grains
Peanut Butter
Whole Grain Clusters
Nice big chunks of granola (rather than lots of little loose bits) make this snack or cereal a fun-to-eat, satisfying treat.



RUNNERS-UP

- Arrowhead Mills Organic Maple & Cranberry Sprouted Granola
- Mamma Chia Chia Vitality Granola Vanilla Almond Clusters
- Purely Elizabeth Blueberry Hemp Ancient Grain Granola

INSTANT OATMEAL

READERS' PICK

Nature's Path Qi'a
Creamy Coconut
Gluten-Free Oatmeal



A yummy breakfast choice with a creamy texture and a light flavor—a winner.

RUNNERS-UP

- Right Foods Dr. McDougall's Apple Cinnamon Light Organic Instant Oatmeal
- Eco-Planet Original 7 Whole Grain Instant Oatmeal
- Bakery On Main Traditional Unsweetened Instant Oatmeal

PANTRY STAPLES

LOW-SODIUM BROTH

READERS' PICK

Pacific Organic Low
Sodium Vegetable Broth
This rich, flavorful
broth is a reliable
pantry staple.



RUNNERS-UP

- Imagine Organic Low Sodium Vegetarian No-Chicken Broth
- Saffron Road Classic Culinary Vegetable Broth
- Kitchen Basics Unsalted Vegetable Cooking Stock

DICED TOMATOES

READERS' PICK

Muir Glen Organic
Fire Roasted Diced
Tomatoes



The fresh, bright flavor of these canned tomatoes makes them an excellent base for lots of sauces and dips.

RUNNERS-UP

- San Marzano Diced Tomatoes
- Pomi Chopped Tomatoes
- Bionaturæ Organic Diced Tomatoes

GO-TO GRAINS

READERS' PICK

Bob's Red Mill
Grains-of-Discovery
Whole Grain Millet



This mild-flavored ancient grain is gluten-free and easy to enjoy with other foods.

RUNNERS-UP

- Ancient Harvest Inca Red Organic Quinoa
- Lundberg Organic Sprouted Brown Basmati Rice
- Hodgson Mill Whole Wheat Couscous

NUTRITIONAL YEAST

READERS' PICK

Bob's Red Mill
Large Flake
Nutritional Food Yeast



The light cheese flavor of this supplement makes a nice addition to salads or soup.

RUNNERS-UP

- Bragg Nutritional Yeast Seasoning
- Red Star Nutritional Yeast
- Now Nutritional Yeast Flakes

CHILE SAUCES

READERS' PICK

Annie Chun's Korean
Sweet & Spicy
Go-Chu-Jang Sauce



A sweet sauce (no corn syrup!) with a kick, this one goes well in soups, salads, and atop noodle dishes.

RUNNERS-UP

- Thai Kitchen Pineapple & Chili Sauce
- The Ginger People Sweet Ginger Chili Sweet & Spice Dip Cooking Sauce
- Sky Valley Sweet Chili Sauce



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1 FOOD ▼ 5 WAYS

MILLET

Make room in your pantry for this good-for-you whole grain

BY ABIGAIL WOLFE

PHOTOGRAPHY: VICTORIA WALL HARRIS

FOOD STYLING: VIVIAN LUI

PROP STYLING: ALICIA BUSZCZAK

Meet millet, the up-and-coming super-grain that's about to give quinoa a run for its money. Millet is a versatile, quick-cooking, gluten-free whole grain that's loaded with protein, fiber, and nutrients. The only thing millet doesn't have in common with quinoa? The price. Pound for pound, millet costs a fraction of what quinoa does, meaning even budget cooks can enjoy all millet has to offer.

HERBED MILLET-STUFFED
MUSHROOMS, p. 71



Moroccan-Spiced Millet-and-Lentil Salad

SERVES 6

You might think of this salad as a versatile winter tabbouleh. Feel free to use any fruits and vegetables you have on hand.

SALAD

- ½ cup millet
- ½ cup cooked lentils
- 2 medium carrots thinly sliced on sharp bias (½ cup)
- ½ medium red onion, thinly sliced (½ cup)
- ¼ cup sliced pitted Medjool dates

- ¼ cup chopped parsley
- ¼ cup roughly chopped pistachios
- ¼ cup pomegranate seeds
- 2 Tbs. minced green olives
- 1 Tbs. chopped mint
- 1 small orange, cut into pieces

DRESSING

- ¼ cup cooked lentils
- 1 pitted Medjool date
- 2 Tbs. olive oil
- 2 Tbs. orange juice
- 1 Tbs. lemon juice
- 1 tsp. ras el hanout spice blend

1 | To make Salad: Cook millet according to package directions.



Spread cooked millet on plate, and chill in refrigerator.

2 | Combine millet with lentils, carrots, onion, dates, parsley, pistachios, pomegranate, olives, and mint in salad bowl. Set aside.

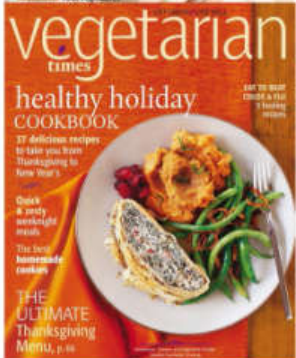
3 | To make Dressing: blend all ingredients in blender until smooth; season with salt and pepper, if desired.

4 | Stir Dressing into Salad.

Scatter orange pieces over top.

PER ⅔-CUP SERVING 225 cal; 6 g prot; 8 g total fat (1 g sat fat); 34 g carb; 0 mg chol; 122 mg sod; 6 g fiber; 12 g sugars  





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Apple-Millet Pancakes

MAKES 10 PANCAKES

Millet cooked in apple juice makes a tender, flavorful base for these brunch beauties. Be sure to use a wide turner or spatula when flipping these light, delicate pancakes.

COMPOTE

- 2 Tbs. vegan margarine or butter
- 3 cups peeled, grated Granny Smith apple (from 3 medium apples)
- $\frac{1}{4}$ cup maple syrup
- 1 Tbs. lemon juice
- $\frac{1}{8}$ tsp. salt

PANCAKES

- 2 cups unsweetened apple juice
- $\frac{1}{3}$ cup millet
- $\frac{1}{2}$ cup unsweetened almond milk
- 4 large egg whites
- 1 Tbs. vegetable oil
- 1 medium Granny Smith apple, peeled and grated (1 cup)
- $\frac{1}{2}$ cup almond flour
- $\frac{1}{8}$ tsp. ground fennel

1 | To make Compote: Melt margarine in small saucepan over medium heat. Stir in apples, and sauté 3 to 4 minutes.


2 | Reduce heat to low, and add syrup, lemon juice, and salt. Cover, and cook 15 minutes, or until apples are softened and mixture is thickened, stirring occasionally.

3 | To make Pancakes: Bring apple juice to a boil in small saucepan. Stir in millet, reduce heat to medium-low, cover, and simmer 35 minutes. Remove from heat, and let stand 5 minutes. Uncover, stir, and cool.

4 | Whisk together almond milk, egg whites, and oil in medium bowl. Fold in millet, apple, almond flour, and fennel.

5 | Heat non-stick skillet over medium-low heat, and coat with cooking spray. Spoon out $\frac{1}{4}$ cupful batter for each pancake, and lightly flatten into rounds. Cook 10 to 12 minutes, turning once, or until browned on both sides. Repeat with remaining batter. Top Pancakes with Compote.

PER 2 PANCAKES WITH $\frac{1}{4}$ CUP COMPOTE

346 cal; 7 g prot; 14 g total fat (3 g sat fat); 51 g carb; 0 mg chol; 179 mg sod; 4 g fiber; 33 g sugars 



MAKE-AHEAD MILLET

Cooked millet will keep up to three days when stored in an airtight container in the fridge, so prepare extra to use in soups or salads, and as a base for stews and veggie dishes. If cooked millet seems dry, stir in 1 to 2 Tbs. water before reheating to help it soften and rehydrate.

Herbed Millet-Stuffed Mushrooms

SERVES 6

For an hors d'oeuvre version of this dish, stuff button mushrooms with a spoonful of the millet filling, and bake 10 minutes. In addition to saucepan cooking directions, we're including instructions for cooking millet in a rice cooker, which yields soft, fluffy results.


- $\frac{1}{3}$ cup millet
- 4 tsp. olive oil
- 2 cups chopped button or cremini mushrooms
- $\frac{1}{2}$ cup finely chopped celery (1 stalk)
- $\frac{1}{3}$ cup finely chopped shallot (1 medium)
- 1 tsp. chopped fresh thyme
- 1 tsp. chopped fresh rosemary
- 1 tsp. chopped fresh marjoram
- 6 halves or 12 quarters marinated roasted tomatoes, coarsely chopped
- 3 Tbs. finely grated Parmesan cheese
- 1 large egg, lightly beaten
- 6 large portobello mushrooms, stems and gills removed
- $\frac{1}{4}$ cup coarsely chopped fresh parsley for garnish, optional

1 | Bring millet, 1 tsp. oil, and 1 cup water to a boil in small saucepan. Reduce heat to medium-low, and simmer 10 to 11 minutes, or until liquid is absorbed. Alternately, stir ingredients together in bowl of rice cooker, and cook millet according to rice cooker instructions.

2 | Heat 1 tsp. oil in large skillet over medium high heat. Add chopped mushrooms, and sauté 5 minutes, or until mushrooms begin to brown. Add celery and shallot, and sauté 3 to 5 minutes more, or until vegetables are tender. Remove from heat, and stir in chopped herbs.

3 | Add cooked millet to bowl with mushroom mixture, and stir to combine. Fold in chopped tomatoes, Parmesan, and egg.

4 | Preheat oven to 400°F. Line baking sheet with parchment paper, or spray with cooking spray. Arrange portobello mushrooms stem side up on prepared baking sheet, and brush with remaining 2 tsp. oil. Season with salt and pepper, if desired. Spoon heaping $\frac{1}{4}$ cup millet stuffing into each portobello cap. Bake 20 to 25 minutes, or until stuffing is heated through and lightly browned on top. Garnish with chopped parsley, if using.

PER MUSHROOM 159 cal; 7 g prot; 8 g total fat (1 g sat fat); 18 g carb; 33 mg chol; 130 mg sod; 4 g fiber; 6 g sugars 



Millet Cornbread with Spicy Honey Butter

MAKES 9 SLICES

Cooked millet replaces wheat flour in this simple cornbread recipe.

SPICY HONEY BUTTER

- ½ cup butter, softened**
- 2 tsp. honey**
- 1 tsp. hot sauce, or to taste**
- ¼ tsp. salt**

CORNBREAD

- ¼ cup millet**
- 2 cups fresh or frozen corn kernels**
- 2 large eggs**
- ¼ cup vegetable oil**
- 1 cup fine corn flour**
- 1 tsp. salt**
- ½ tsp. baking powder**
- ½ tsp. baking soda**
- 4 green onions, chopped (½ cup)**

1 | To make Spicy Honey Butter: Blend all ingredients in mini food processor until smooth, or fold together in small bowl with rubber spatula until thoroughly

combined. Shape into log, wrap in plastic wrap, and chill.

2 | To make Cornbread: Combine millet with 2 cups water in small bowl. Let soak 8 to 10 hours, or overnight.


3 | Preheat oven to 425°F. Coat 9-inch square baking pan with cooking spray.

4 | Cook corn in medium pot of boiling water, 3 to 5 minutes, or until tender. Drain, and reserve ¾ cup cooking water.

5 | Transfer corn and cooking water to blender, and purée until smooth. Cool purée 5 minutes.

6 | Whisk together corn purée, eggs, and oil in medium bowl. Sift together corn flour, salt, baking powder, and baking soda in separate bowl, then fold into corn purée mixture. Fold in ½ cup drained millet and green onions.

7 | Spread batter into prepared pan. Bake 15 minutes, or until top springs back when touched in center. Serve warm Cornbread with Spicy Honey Butter.

PER SLICE WITH 1 TBS. BUTTER 264 cal; 4 g prot; 19 g total fat (8 g sat fat); 22 g carb; 68 mg chol; 540 mg sod; 2 g fiber; 4 g sugars 

Creamy Millet with Caramelized Cauliflower

SERVES 4

Try this cold-weather dish with a drizzle of olive oil, grated lemon zest, and a bit of lemon juice, or with aged balsamic vinegar.

- 1 small head cauliflower, cut into small florets**
- 3 cloves garlic, 2 cloves crushed, 1 clove minced, divided**
- 3 fresh thyme sprigs**
- 3 fresh bay leaves or 1 dried bay leaf**
- 4 tsp. olive oil, divided**
- 1 small onion, finely chopped (1 cup)**
- 1 cup millet**
- ¼ cup finely chopped chives**

1 | Set aside 2 cups cauliflower florets. Roughly chop remaining florets into ½-inch pieces; set aside.

2 | Bring crushed garlic, thyme, bay leaves, and 5 cups water to a boil in medium saucepan. Add 2 cups cauliflower florets, and simmer 5 minutes, or until tender.




Remove florets from water with slotted spoon, and transfer to blender with ½ cup cooking water. Blend until very smooth. Set aside. (You should have 1½ cups purée.) Let cooking water continue to simmer.

3 | Heat 2 tsp. oil in medium saucepan over medium-low heat. Add onion, and sauté 5 to 7 minutes. Stir in minced garlic, and cook 1 minute more. Add millet, and stir until coated with onion mixture.

4 | Add ¾ cup simmering cauliflower cooking liquid, and cook until liquid is mostly absorbed, stirring often. Repeat with remaining cooking liquid, ½ to ¾ cup at a time, until millet is tender.

5 | Heat remaining 2 tsp. oil in large skillet over medium-high heat. Add chopped cauliflower pieces, and season with salt and pepper, if desired. Sauté 5 minutes, or until caramelized.

6 | Fold cauliflower purée into millet; season with salt and pepper, if desired. Stir in 3 Tbs. chives. Transfer millet to bowl; top with caramelized cauliflower, and sprinkle with remaining 1 Tbs. chives.

PER 1-CUP SERVING 263 cal; 7 g prot; 7 g total fat (1 g sat fat); 44 g carb; 0 mg chol; 24 mg sod; 6 g fiber; 3 g sugars   

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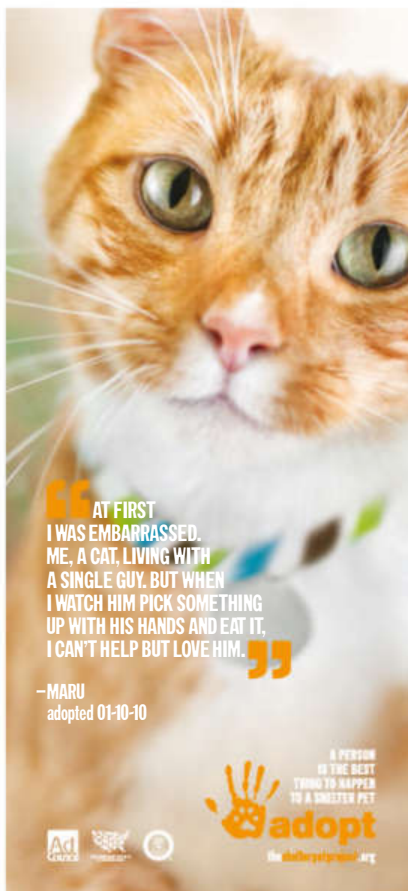
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VEGAN	DAIRY FREE	GLUTEN FREE	LOW CALORIE	LOW SATURATED FAT	30 MINUTES OR LESS	
		■	■		■	APPETIZERS, CONDIMENTS, SALADS, SIDES & SOUPS
		■	■			Baked Squash with Maple-Pecan Topping, p. 26
		■	■			The Butter Viking's Pearl Butter, p. 60
		■	■			Celery Root and Herb Cream with Goat Cheese Appetizer, p. 60
■	■	■	■	■		Creamy Millet with Caramelized Cauliflower, p. 72
■	■	■	■	■	■	Curly Oven French Fries with Seasoned Salt, p. 37
	■	■	■	■	■	Maple-Mustard Dipping Sauce, p. 37
	■	■	■	■		Mini Cheddar Popovers, p. 50
■	■	■	■	■		Mustardy Mushrooms with Piquillo Peppers, p. 50
■	■	■	■	■		Salt-and-Vinegar Roasted Potatoes, p. 50
■	■	■	■	■		Swedish Mushroom Soup, p. 61
■	■	■	■	■	■	Warm Autumn Squash Salad with Apple Dressing, p. 29
■	■	■	■	■		White Bean-Artichoke Hummus with Roasted Garlic, p. 52
		■	■	■		ENTRÉES
	■	■	■	■	■	Apple-Millet Pancakes, p. 71
	■	■	■	■	■	Butternut Squash Home Fries, p. 26
■	■	■	■	■		Fava Bean Pancakes, p. 61
		■	■	■		Henne Garden Salad, p. 60
		■	■	■		Herbed Millet-Stuffed Mushrooms, p. 71
■	■	■	■	■		Moroccan-Spiced Millet-and-Lentil Salad, p. 70
		■	■	■		Pearl Barley Risotto with Red Kuri Squash, Feta, and Fresh Thyme, p. 56
		■	■	■	■	Quick Sautéed "Zoodles" with Lemon-Mint Brown Butter, p. 40
		■	■	■	■	Rustic Squash Pizza with Goat Cheese Gremolata, p. 25
		■	■	■		Spaghetti Squash with Spinach Pesto and Sun-Dried Tomatoes, p. 13
■	■	■	■	■	■	Spiralized Butternut Squash and Apples with Lentils and Maple-Balsamic Sauce, p. 38
■	■	■	■	■	■	Squash Mash with Sautéed Mushrooms and Watercress, p. 29
■	■	■	■	■	■	Sweet Potato Stir-Fry with Thai Curry Sauce, p. 40
						DESSERTS, BREADS, BLENDS
■	■			■		Buckwheat, Apple, and Brandy Cake, p. 52
■	■			■		Candied Apple Cookies, p. 46
■	■			■		Golden Saffron Pound Cake, p. 44
■	■	■				Mexican Chocolate Crème Caramels, p. 46
		■				Millet Cornbread with Spicy Honey Butter, p. 72
■	■	■	■	■	■	Whole-Grain Flour Blend, p. 42
		■				Whole-Grain Fruit-and-Nut Muffins, p. 42



pomegranate & Brussels sprouts

Roasting Brussels sprouts at a high heat, with olive oil, sea salt, and freshly ground black pepper, caramelizes the little gems, bringing out their natural sugars and making them sweet. Adding a splash of pomegranate syrup, produced by cooking down $\frac{1}{2}$ cup pomegranate juice with a tablespoon of maple syrup, creates the perfect amount of tartness and tang to balance out the sweetness of the sprouts and pack a punch. The deep red color of the syrup contrasts beautifully with the green Brussels sprouts.

You can also brighten your favorite pumpkin soup with pomegranate seeds for an extra pop of flavor, and add texture with oven-crisped Brussels sprout leaves—which also serve as a great snack for guests. To crisp Brussels sprout leaves, separate the leaves, and spread them onto a large baking sheet. Toss with olive oil, sea salt, and freshly ground black pepper, and bake in a 375°F oven for 10 minutes, until lightly browned.

Garnish the soup immediately—otherwise the crispy leaves tend to disappear! 🌱



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